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NEWS WORTH SHARING.

## Struggling Canucks lose 5th game in a row

Boston gets best of Vancouver with 3-1 win PAGE 28

## Residents still have little love for pipeline

Opposition remains strong in B.C. despite energy board's OK PAGE 3

## LIGHT SHOW OF A LIFETIME

TOURISTS FROM AROUND THE GLOBE FLOCK TO CANADA'S NORTH TO GET A GLIMPSE OF THE AURORA BOREALIS PAGE 24

# Poisoning suspected after dogs fall ill

**North Shore.** Animals found, played with ball at Bridgman Park

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A North Vancouver dog owner is warning others after two dogs that played with a tennis ball they found last week in Bridgman Park got violently ill for several days and had to be taken to the emergency room.

Tamaki Kano said her three-year-old rescued mutt, Stanley, became very lethargic Thursday after playing with another woman's dog at the park. She took him to Vancouver Animal Emergency Clinic on Saturday, thinking at the time he might have swallowed a piece of bone.

"I was in a panic mode," she told Metro. "I kind of think of him like a child. Like if a child was vomiting for 48 hours, you're going to do something."

The vet took X-rays but found no obstruction, so Kano was stumped — until she bumped into the other dog owner on Monday.

"She told me that her dog had the exact same symptoms, except her dog was worse off than Stanley."

The other owner declined an interview request from Metro extended via Kano, but Kano said they talked about the possibility the ball could have been laced with something toxic.

"(The other dog) was playing with the ball a lot more than Stanley, so it kind of corresponds with the severity of the symptoms they were experiencing as well," she said.

The ball was thrown away, so Kano has no way of getting it tested, but she did report the incident to the SPCA's manager of cruelty investigations and RCMP.

SPCA spokesperson Lorie Chortyk said that without the ball, there is little investigators can do.

Thankfully, both dogs have begun to recover.

Reports of suspected poisoned balls and food being left at parks are not uncommon, and they are notoriously difficult to solve.

Last June, dog owners in East Vancouver became concerned someone might be leaving poisoned balls in Falaise Park, and in July owners in Maple Ridge called police after their dog was sickened by poisoned kibbles left in Volker Park.

Anyone with information about such incidents should call the SPCA's animal-cruelty reporting hotline at 1-855-622-7722.

Stanley, a three-year-old rescued mutt, lies on the floor of the Vancouver Animal Emergency Clinic Saturday after being violently ill for days.
COURTESY TAMAKI KANO

Follow Kate Webb on Twitter @MetroK8

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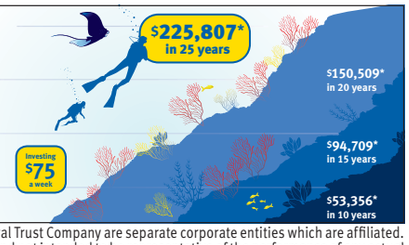


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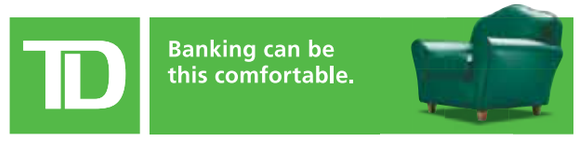


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# Northern Gateway project losing the popular vote: Poll

**Proposed pipeline.** Survey shows public support proving harder to obtain than NEB approval for Enbridge

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The proposed Northern Gateway pipeline may have conditional approval from the National Energy Board, but a new poll shows British Columbians remain opposed to the project.

According to a Justason Market Intelligence poll released Wednesday morning, 64 per cent of British Columbians oppose Enbridge's proposal to transport crude oil through the province's inside coastal waters.

Fifty per cent "strongly oppose" the proposal, compared to just 12 per cent who strongly support it.

The poll — commissioned by the Dogwood Initiative, ForestEthics Advocacy, Northwest Institute for Bioregional Research and West Coast Environmental Law — is the first one conducted since the project received conditional approval from the National Energy Board's Joint Review Panel in December.

It also shows a multimillion-dollar advertising campaign from Enbridge has had little bearing on public consciousness, according to Dogwood Initiative spokesperson Edie Irons.

"It's telling to see that despite the National Energy Board decision and millions spent on a PR campaign, the needle has not moved," said Irons. "There is no social licence. Public opinion is clear."

The same poll conducted in March 2012 found that 66 per cent of British Columbians opposed the project at the time.

Justason Market Intelligence polled 600 adults in B.C. though a hybrid telephone-online survey. The margin of error is +/- four percentage points, 95 per cent of the time.

A tug tows a large barge along Princess Royal Island, B.C., on Sept, 19, 2013. A Justason Market Intelligence poll released Wednesday shows 64 per cent of British Columbians oppose Enbridge's proposal to transport crude oil through the province's inside coastal waters. JONATHAN HAYWARD/THE CANADIAN PRESS

# Good Samaritan recalls beating during 2011 riot

Robert MacKay arrives at provincial court in Vancouver on Tuesday. DARRYL DYCK/THE CANADIAN PRESS

When the Vancouver Canucks lost to the Boston Bruins in the Stanley Cup final nearly three years ago, Robert MacKay was disappointed, but he still wanted to walk through downtown Vancouver to take in what he thought would be celebrations of a near win.

Instead, he found himself caught in the violence that swept through several downtown blocks. He was pummelled by a mob as he tried to stop looters from targeting the Bay department store.

"I was punched. I was kicked. I was taken down to the ground," MacKay, a 39-year-old chef, testified Tuesday at the trial of four alleged rioters.

A group of 15 people punched and kicked MacKay and pepper-sprayed him on the night of June 15, 2011.

Ioannis Kangles, Michael MacDonald, Carlos Barahona Villeda and David Leonati are charged with assault and taking part in a riot. They have pleaded not guilty.

MacKay, who was hailed as a hero by police for his efforts to fend off the looters, described the scene after the game outside the Bay. A group of people were trying to break the store's windows, he said.

There were no police around at the time, he said, but a man wearing a Canucks jersey stood between the storefront and the angry crowd, waving his arms around in an attempt to stop the group from breaking in.

"I jumped in and tried to give him a hand, I tried to help him," MacKay said. "I just thought I was doing the right thing."

When someone tried to break into the store, "I tried to prevent it by (putting him in) a bear hug and moving him off to the side," MacKay said.

That's when MacKay saw someone lunge at him with what he thought was a window frame, he told the court.

He said he dodged it, picked up a pole and tried to use it to move the crowd back. But the move left his back exposed, and that's when he felt the punches and kicks that knocked him to the ground, he said.

Eventually, two people hauled him off the ground and away from the mob.

Two other men charged in MacKay's attack were convicted last May. THE CANADIAN PRESS

**Claim to be CRA officials**

## Port Moody police phone number used in phishing scam

Port Moody police are warning residents that its own phone number is being used by fraudsters claiming to be from the Canada Revenue Agency.

The department says there have been numerous tips by concerned citizens claiming that the Port Moody police phone number (604-461-3456) has been popping up on call-displays when contacted by criminals claiming to be CRA officials demanding immediate payment of back taxes or refunds.

"In some cases, the caller threatens to have the person arrested if they refuse to co-operate," said spokesperson Const. Luke van Winkel in a statement. "These calls are not coming from the Port Moody Police Department. Unfortunately technology makes it quite simple to alter the number that appears on call-display, as is the case in these calls."

The police department is warning residents not to give up their personal information over the phone.

"The CRA will not request personal information of any kind by phone or email," said van Winkel. "If you are in doubt, contact the CRA to verify if you owe or are owed back taxes."

Anyone with information about this scam, or who has been a victim of it, is asked to contact their local police department.

MATT KIELTYKA/METRO

**Brain-dead mom**

## Fund for unborn baby grows to $100,000

A fundraising drive for an unborn baby whose mother is brain dead in a Victoria hospital has grown to $100,000 as the family's plight tugs at heart strings across Canada.

Dylan Benson hoped to raise $36,000 so he could care for his son, already named Iver, on his own while grieving for his wife.

Robyn Benson is five months pregnant, and doctors are expecting to perform a caesarean section at the end of the month.

Dylan wrote in a blog post that Robyn was declared brain dead after being admitted to hospital in late December.

He says Robyn complained of a headache and asked him to get some pain killers from a pharmacy but when he returned home, she was unconscious on the bathroom floor.

Paramedics were unable to revive her.

THE CANADIAN PRESS

# Moving-party purveyors beg for a few more regulations

**Aw yeah, more rules!**
Limo and party-bus operators say market is too large, unregulated

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An industry that cashes in on backseat parties and wild nights wants the government to put up more red tape to clean up the marketplace.

Lower Mainland limousine and party-bus operators say the province needs to tighten regulations in order to boost legitimacy in the eyes of the public after the high-profile death of a Surrey teen last February.

"They just allow anybody to come out with a limousine company," said Phatcat Limousine general manager Todd Curley on Tuesday. "The more people you have, the more mistakes there's going to be."

Indeed, anyone with a general authorization licence can drive a limo, which is treated like a charter bus, whereas taxi drivers must jump through more hoops to acquire special authorization.

Yet B.C. isn't interested in introducing stricter regulations, despite election promises from then-transportation minister Mary Polak that B.C. would look into the issue.

The Registrar of Passenger Transportation can investigate party-bus companies if it wants, according to the ministry, and it's up to customers to decide whether they've chosen a safe company.

But Curley, who sits on a limo association, argues that more regulation will weed out businesses that are in it for a quick buck and might not follow the rules.

When Phatcat started 12 years ago, there were 80 limousine operators in town. There are now more than 400, said Curley, who has had to sell half his fleet to stay in business.

Vancouver city council will discuss the issue Wednesday.

The interior of a party limousine (remember, it is illegal to consume alcohol in motor vehicles, including limousines and party buses). The province has no plans to further regulate the industry. GETTY IMAGES

# Province appeals ruling in feud with teachers

British Columbia Teachers' Federation president Jim Iker, centre, marches with other members in May. LIAM BRITTEN/METRO FILE

British Columbia's Liberal government plans to appeal a court decision that concluded the province violated the bargaining rights of teachers and attempted to provoke a strike.

Education Minister Peter Fassbender announced Tuesday that his government will appeal a court ruling from last week that awarded the BC Teachers' Federation $2 million and struck down a law related to their collective agreement.

Fassbender insisted the prolonged court battle won't impede contract negotiations with teachers.

But the president of the teachers' union, Jim Iker, said the appeal signals that the Liberal government wants to continue fighting rather than negotiate.

"Today, with this appeal, Premier Christy Clark and Minister Fassbender have shown that we cannot trust them," said Iker.

Fassbender said allowing the ruling to stand would be unaffordable and would create disruptions in schools. He estimated the cost of the ruling would be "upwards of $1 billion."

**Preference for peace?**

**"I'm not declaring war. The premier is clear: we want to work together."**
Education Minister Peter Fassbender

Last week, a B.C. Supreme Court judge ruled legislation introduced in 2012 that removed class size and composition from contract negotiations was unconstitutional.

A similar law was struck down a year earlier, but the recent ruling says the government then introduced near-identical legislation and bargained in bad faith in an attempt to provoke a strike.

Fassbender said he would leave the detailed response to the lawyers but said he wanted to "correct" the perception that the province attempted to incite a walkout.

"This government's policy is not to provoke disruptions and disunity — it's about collaboration and co-operation," said Fassbender.

THE CANADIAN PRESS

**SFU study**

## Making sure Metro Vancouver grows up right

Meg Holden has a million people riding on her shoulders.

That's how many are expected to flood into Metro Vancouver by 2041, and it's up to the associate professor of urban studies at Simon Fraser University and her team to find out how the staggering growth can be met in a sustainable and affordable way.

As part of the multi-year, multi-organizational "Getting to Groundbreaking" study, Holden is preparing to survey 19 of the region's largest municipalities, along with home builders and developers, on the effect various housing application processes, fees, charges and regulations have on affordability, availability and livability.

"All of the municipalities are on board and preparing to meet housing targets," said Holden. "This is a pretty huge scaling up for a lot of municipalities, so we're taking a collaborative approach to get stakeholders to come up with better ways of doing things."

By conducting annual reports on Metro Vancouver's progress, Holden is optimistic her work can have a positive impact on the way cities grow.

One of the things that set Metro Vancouver apart, she says, is the high standard of planning in place.

"There isn't that kind of constant pressure to cut regulations and process, which can be beneficial for people's quality of life," Holden said.

But higher standards can also mean higher building costs, longer development and higher home prices.

Holden hopes that through surveys and confidential interviews, a balance can be struck to make the region's growth smooth and sustainable.

While SFU is leading the study, plenty of others have signed on to the unique project: the municipalities, the Greater Vancouver Home Builders Association, the Urban Development Institute, the B.C. Non-Profit Housing Association, Ryerson University and Metro Vancouver.

Holden expects the first set of survey results to be released in the summer.

MATT KIELTYKA/METRO

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# City doles out cash to green projects

**Environment.** The second round of funding for 136 projects was announced Tuesday

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By doling out a few hundred bucks a few hundred times, Vancouver will get greener.

That's the logic of the Greenest City Fund, a partnership between the city and the Vancouver Foundation that gives grants to organizations that promote environmental sustainability.

The second round of funding for 136 projects was announced Tuesday, including $500 for a cigarette butt return program, $750 for a neighbourhood potluck on Main Street and $500 for kids to build planters out of Lego at the Strathcona Community Centre.

So far, the fund, started with $1 million from each partner, has given $933,000 to support 286 projects. It will grant the remaining cash over the next two years.

The Vancouver Foundation decides who gets the grants, and earmarks a third of the cash for youth-led projects, a third for resident-run initiatives and the rest for charitable organizations.

The public's response to the initiative has been "tremendous," Mayor Gregor Robertson said in a statement.

The cigarette penny-for-a-butt program was successful at the West End car free day in 2013. EMILY JACKSON/METRO FILE

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## Research. Feds announce funds to help B.C. fish farms increase exports

The federal government is giving $21,000 to British Columbia salmon farmers to research best practices around the world, more than a year after a $26-million public inquiry made a litany of recommendations.

Conservative MP John Duncan says the funds will allow the B.C. Salmon Farmers Association to review international standards and practices in fish farming in order to identify potential improvements in the province.

The association will then develop a plan for B.C.'s farmed salmon industry to maintain world-leading standards.

But critics says the federal government has done little to implement the measures already identified by the federal public inquiry into the collapse of the Fraser River sockeye run in 2009.

The Cohen commission made 75 recommendations in its October 2012 report, which raised questions about the effects on wild salmon from salmon farming in nets in the open ocean.

Duncan says the funds will help the B.C. fish farming industry improve confidence in its products, attract investment and increase exports.

THE CANADIAN PRESS

**Economy**

### New recycling rules for small B.C. businesses

The B.C. government says many small businesses won't be required to pay for recycling under new regulations that shift costs to industry.

An exemption will apply to businesses that either earn less than $1 million a year, produce less than one tonne of printed paper and packaging annually, or have a retail operation that isn't part of a franchise or chain.

Businesses that produce between one and two and a half tonnes of printed paper and packaging will be charged a flat fee of $550 a year.

Companies that produce between two and a half tonnes to five tonnes of the same recyclable material will pay $1,200 a year. THE CANADIAN PRESS

**Captured on film**

### Dolphins and orcas spotted off Vancouver Island

Passengers aboard a B.C. ferry witnessed a rare inter-species feud Monday, as a pod of dolphins duked it out with some orcas near the vessel.

The scene was captured on film and uploaded to YouTube. The clip shows a number of dolphins fleeing a group of killer whales in Departure Bay.

"Pretty sure that the Orcas were hunting and trying to single out a dolphin from the pod," wrote one YouTube viewer.

Although the species are close cousins, orcas have been known to prey on dolphins.

At one point in the video, a pair of killer whales breach the water completely. "It's quite the show," one bystander can be heard saying.

LUKE SIMCOE/METRO IN VICTORIA

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**Quoted**

**"The world's attention is our only hope right now."**

**Oleg Komin, 32, Kyiv**
**Lawyer**
Studied in the U.S., hopes his country will follow the West

**Quoted**

**"I'm happy Canada's getting involved and put the visa ban on our government."**

**Dasha Mychailova, 19, Kyiv**
**International-relations student**
Sees the protests from an international perspective

**Quoted**

**"Once people wake up they don't go back to sleep."**

**Andrew Meakovsky, 24, Kyiv**
**IT specialist**
Joined the protests after a law targeted freedom of speech

**Quoted**

**"Sometimes I want to huddle in a corner; I'll have to move if things get really bad."**

**Yuliya Kudriavtseva, 30, Kyiv**
**Translator**
Worked with the reporter at the protests

**Youth are at the forefront of the protest movement in Ukraine, risking jail and injury to fight what they say is an attack on their freedom.** CONTRIBUTED

# 'We want to be part of Europe, not the Soviet Union'

**Ukraine.** Young people are driving protests in Kyiv and fighting for their future

**DYLAN C. ROBERTSON**
For Metro in Toronto

During a trip to Kyiv three weeks ago, I noticed that many of the Ukrainians occupying its frigid streets were youth.

I was there to write about the riots and considered myself lucky to find Yuliya Kudriavtseva on a translation forum. She took me to protest camps, barricade checkpoints and occupied buildings.

Since that trip, 10 people have died. One online video shows a bruised, naked man in the snow as police photograph him and smack his head.

I called Kudriavtseva for an update.

"I do what I can to support the cause. I'm too scared to go out and protest," she said.

"I have a business so I pay lots of taxes. I'm happy to pay for schools and hospitals, but it all goes to corrupt officials."

She added that protesters want democracy and human rights.

"We want to be part of Europe, not the Soviet Union."

Kyiv's protests started in November when Ukraine's president pivoted the indebted country toward Russia, which offered a $15-billion bailout, instead of the European Union.

Thousands set up Occupy-style tents in Kyiv's central Independence Square and draped banners over the massive Christmas tree.

Ten days later, the government shut down mobile communications and sent in riot police. Dozens of protesters and journalists were injured. Dasha Mychailova, 19, was in the crowd.

"We ran for our lives."

She hid in a bar with friends while others were beaten with police batons.

"Friends of mine were attacked and had to be hospitalized. There's been no compensation or justice," she added.

"This is now a battle over human rights."

When I visited in January, the government had just rushed a law mandating up to 15 years in jail for anyone attending mass rallies.

A week later, thousands at the protest site received an Orwellian text message: "Dear subscriber, you are registered as a participant in a mass disturbance."

That's when Andrew Meakovsky got involved.

"Our freedom is at stake; I had to join the protests."

Although happy with his IT job, Meakovsky said many youth consider moving abroad for higher wages.

"Then you have your freedoms threatened. How can you live here?" he asked. "We are fighting for our future. We love our country and we don't want to leave."

What happens next is uncertain. On Sunday the EU announced a U.S.-supported bailout, contingent on reforms and respect for human rights.

The government proposed releasing arrested protesters last week if activists evacuated occupied buildings. Few did, which worries Kudriavtseva's boyfriend, Oleg Komin.

"There's an unwillingness to listen; both sides won't hear each other."

**Economic problems**

- The minimum hourly wage in Ukraine is $0.87.
- One in five young Ukrainians is unemployed, according to official figures.
- Forty per cent of university graduates take jobs far below their qualifications.
- Transparency International ranked Ukraine 144 out of 175 countries on last year's Corruption Perceptions Index

**PR**

## Putin shows soft side with cuddly leopard cubs

Basking in the glow of support from International Olympic Committee chairman Thomas Bach, Russian President Vladimir Putin began his stay at the Sochi Games by promoting a cuddly image, visiting a group of endangered Persian leopard cubs born last summer in the mountains above the Black Sea resort.

"We've decided to restore the population of the Persian leopard because of the Olympic Games," Putin said. "Let's say that because of the Olympic Games, we have restored parts of the destroyed nature."

Putin entered the cage and petted the leopard on the head. "We liked each other," he said.

Some journalists accompanying him weren't so lucky. They apparently upset the big cat, which scratched one of them on the hand and bit another on the knee. **THE ASSOCIATED PRESS**

**Bach**

## Stop using Games for political gain, says IOC chief

IOC president Thomas Bach accused world leaders Tuesday of using the Sochi Olympics as a political platform "on the backs of the athletes" and of snubbing the Games without even being invited.

Three days before the opening of Russia's first Winter Games, Bach used a hard-hitting speech to call out politicians for using the Olympics to make an "ostentatious gesture" serving their own agendas.

Without naming any individuals, Bach's comments appeared directed at U.S. President Barack Obama and European politicians who have taken stands against Russia's law banning gay "propaganda" among minors.

The Olympics, Bach said, should not be "used as a stage for political dissent or for trying to score points in internal or external political contests." **THE ASSOCIATED PRESS**

**Investigation**

## Austrian athletes threatened with kidnapping

The Austrian Olympic Committee has received an anonymous letter containing a kidnap threat against Alpine skier Bernadette Schild and skeleton pilot Janine Flock during the Sochi Games.

The letter, written in German, was delivered Monday to the mailbox of its Vienna office, AOC general secretary Peter Mennel said Tuesday.

"We have immediately alerted the Federal Criminal Agency, which is investigating the case," Mennel said.

Interior Ministry spokesman Karl-Heinz Grundboeck confirmed the ongoing investigation, adding Russian authorities had been informed and that no information would be made public if or when additional security measures were established for Schild and Flock.

The AOC said in a statement that it was "not regarding it as an acute threat at the moment." **THE ASSOCIATED PRESS**

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# Website helps women get implants

**Crowdfunding.**
Site allows male 'benefactors' to donate after viewing women's online profiles

CYNTHIA BIGRIGG
For Metro in Toronto

Small-breasted women who are unhappy with their cup size take note. With a few clicks of a mouse and some "friendly" conversation, women everywhere can receive a breast augmentation at the hands of a board-certified surgeon — for free.

At least, that's what crowdfunding site MyFreeImplants.com promises their members. This is how it works: Women create a profile with photos detailing why they want a breast augmentation and why they can't afford it. They then market their profiles to potential donors to raise funds for the procedure.

Men, called "benefactors," also sign up free, but they have to purchase credits, which can be used to send women of their choice messages. The women accumulate cash in their accounts for every message received. Surgeons are paid directly by MyFreeImplants for the procedures.

The site, founded in Los Angeles by Jay Moore and Jason Grunstra, was originally created to raise money so that their friend could have an augmentation.

"It was a very simple social network," said Moore. "She was able to raise the funds herself in about four months. With that kind of concept, we developed the full version of the site. It grew organically over the next couple of years and became a full-fledged social network."

The site focuses on a sense of community. Moore believes that more donors are attracted to the idea of an online friendship, rather than provocative content.

"You can get explicit content for free anywhere on the Internet," said Moore,

"Donors are looking to actually make a connection on a different level. Those donors are more likely to give larger amounts."

Holly Mendez, a 28-year-old customer service representative from Toronto, has been a member of MyFreeImplants for three weeks.

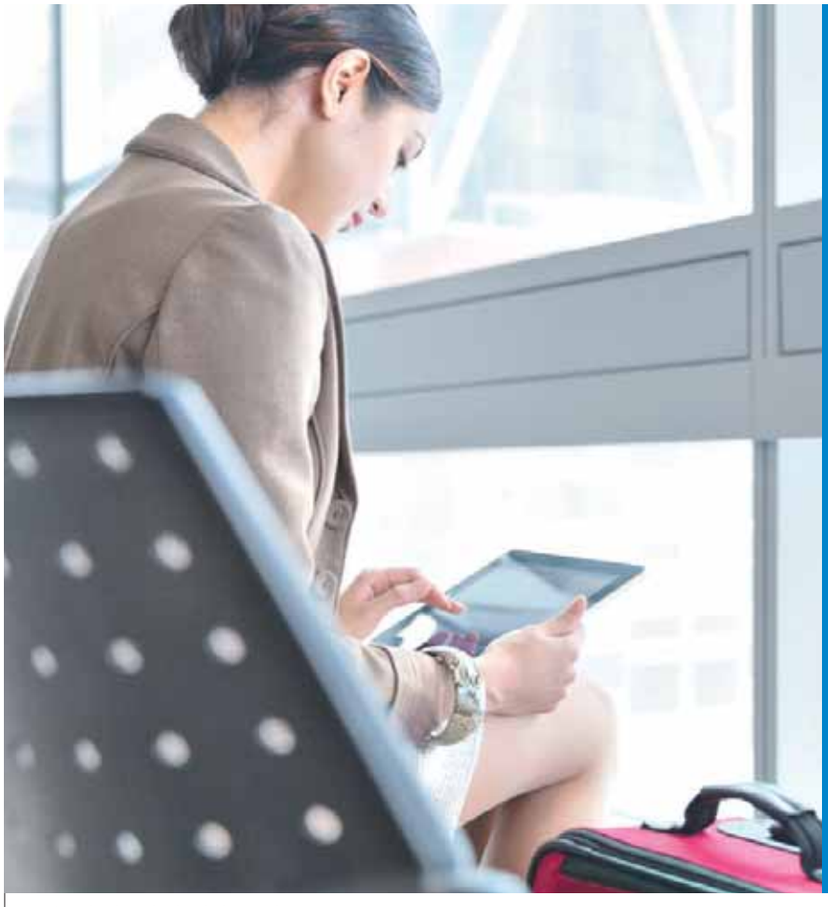
"I've had small breasts all my life," said Mendez. "I had a baby four years ago, and breastfeeding made the situation worse. I feel like if I got (an augmentation), I would feel more confident. It would just make me happy. I'm doing it for me."

Mendez believes that personal connection plays a large role in the fundraising process, and even feels that she has made a few friends in the MyFreeImplants community.

"You can talk about anything. You can talk about the weather, you can talk about cars, you can talk about their job. I just talk about whatever they want to talk about." said Mendez.

So far, Mendez has raised around $400 toward her goal of $10,000. She hopes to have the full amount within a year, but says she is enjoying her experience along the way.

Holly Mendez, 28, is hoping to raise $10,000 for breast augmentation surgery. CONTRIBUTED

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# Harb and Brazeau first to be charged in Senate scandal

**Expenses.** Mounties charge one Liberal and one Conservative; investigation of Duffy and Wallin continues

Mac Harb and Patrick Brazeau have been charged with fraud and breach of trust — the first criminal charges to emanate from the Senate expenses scandal, but possibly not the last.

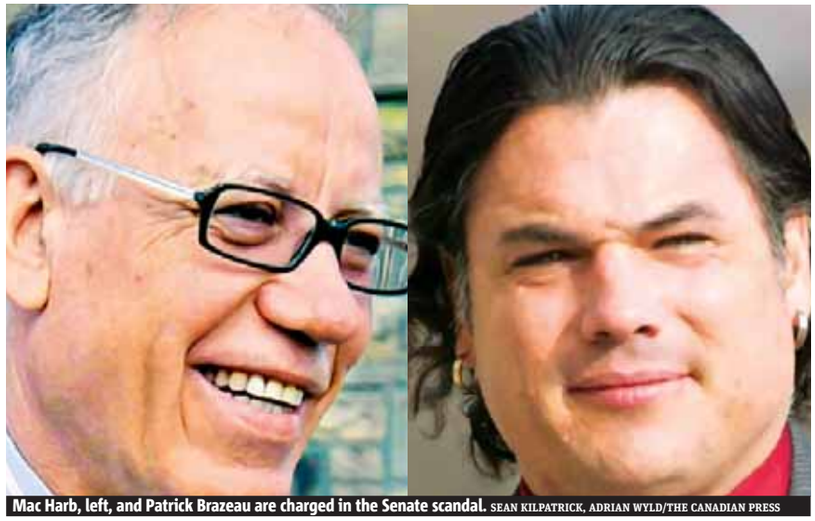
Harb, a former Liberal senator who resigned from the upper house last summer, and Brazeau, a former Conservative senator who was suspended from the Senate last fall, face one count each of fraud and breach of trust in relation to their travel and living expense claims, the RCMP said Tuesday.

The Mounties continue to investigate allegedly fraudulent expenses claimed by suspended senators Mike Duffy and Pamela Wallin.

They are also investigating Nigel Wright, who was Prime Minister Stephen Harper's chief of staff when he personally gave Duffy $90,000 to reimburse the Senate for disputed living expenses.

Tuesday's charges stem from allegations that Harb declared two largely unused country homes as his primary residences.

The Mounties allege Brazeau fraudulently claimed his father's home in Maniwaki, Que., as his primary residence. THE CANADIAN PRESS



Mac Harb, left, and Patrick Brazeau are charged in the Senate scandal. SEAN KILPATRICK, ADRIAN WYLD/THE CANADIAN PRESS

**Rules lack clarity?**

## *Harb and Brazeau*

An independent audit of the pair's expense claims last spring said Senate rules on primary residences lacked clarity and, therefore, the auditors could not determine whether either senator had broken the rules.

But the Senate's internal economy committee declared the rules to be "unambiguous" and demanded that the senators repay the disputed claims. THE CANADIAN PRESS

# Pickup containing dead coyotes shocks woman

Tiffiny Koback of Saskatoon posted this to Facebook. CONTRIBUTED

A Saskatoon woman out grabbing a coffee last Sunday was confronted with a grisly sight.

Tiffiny Koback was sitting with her husband in the drive-thru lineup of a local Tim Hortons. They were stuck behind a GMC Sierra pickup truck loaded to the brink with uncovered coyote carcasses.

"It was shocking," said Koback, who is the shelter director for the Saskatoon SPCA. "By the time we ordered our coffee, I couldn't talk — I was in tears."

She took out her phone to snap a picture and shared the disturbing image on Facebook. In the post she said she was able to count more than 20 dead coyotes. Numerous Facebook users responded to express their outrage.

After the incident, Koback said she looked up the rules in Saskatchewan around coyote hunting and was surprised to find there are no official limitations.

While she said she understands that many farmers with livestock consider the wild canines pests, Koback couldn't believe the brazenness of the truck driver. She said there should be guidelines. One official said at the very least a tarp could have covered them. JACOB MORGAN/METRO IN SASKATOON

Britain

## Queen plans trip to Rome in April to see the Pope

Buckingham Palace says that Queen Elizabeth II and her husband Prince Philip will visit Pope Francis in Rome.

The palace said Tuesday the royals would have an audience with the Pope at the Vatican in April.

The palace said Monday the couple also plans to attend the 70th anniversary of D-Day ceremonies during a state visit to France in June.

The high profile trips to continental Europe come as the 87-year-old Queen is greatly reducing her overseas travel. She has increasingly sent her eldest son Prince Charles to represent her outside the United Kingdom. THE ASSOCIATED PRESS

Obesity crisis

## English city tries texting to trim fat

More than 60 per cent of adults in England are overweight or obese, according to new figures released Tuesday by the national public health agency.

Experts have previously predicted England's increasing obesity epidemic could mean half its population will be obese by 2030.

To fight bulging waistlines in Stoke-on-Trent in the West Midlands, authorities are trying a new approach. Overweight people can sign up to get frequent text messages encouraging them to move more and eat less. One text says "Maybe walk to the shops or use the stairs more often."

Officials described it as a "cheap and effective nudge" to take action.

THE ASSOCIATED PRESS

Farmer Michael Schmidt, seen here outside court in Newmarket, Ont., in July 2008, and his supporters are taking their self-professed right to drink unpasteurized milk to Ontario's top court. COLIN PERKEL/THE CANADIAN PRESS

# Crusaders take raw milk fight to higher court

**New study.** Lawyers want to admit findings they say shows that unpasteurized milk reduces kids' risk of asthma or allergies

A crusading farmer and his supporters are taking their self-professed right to drink unpasteurized milk, which the government calls a "significant public health risk," to Ontario's top court this week.

Raw milk farmer Michael Schmidt is arguing that by making the sale and distribution of unpasteurized milk illegal, the province is infringing on both his and his customers' basic freedoms.

The charter includes "the right of individuals to make decisions pertaining to their own bodies and their own health," Schmidt's lawyers write in arguments filed with Ontario's Appeal Court.

But the province says the law is meant to protect public health and infringes neither Schmidt's nor his customers' charter rights, the government argues.

A provincial court judge convicted Schmidt in 2011 of 13 charges under the Health Protection and Promotion Act and the Milk Act and fined him $9,150. That decision overturned an earlier one, in which another judge had acquitted Schmidt.

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## Grocery store wars.
# Walmart Canada ups the ante, puts $500M on table

Walmart is placing its bets on the fresh food business, as it announced Tuesday it will open 35 more Canadian supercentres as part of nearly $500 million in planned investments this year.

The world's biggest retailer said its long-term plan is to offer groceries in each of its Canadian stores, a move which will increase the pressure on its retail rivals.

"We love the idea of our customer coming in and buying ground turkey and taco seasoning and salad mix and diapers, getting their oil changed, picking up a pair of eyeglasses and riding home on a new bike. I mean you can get it all done at Walmart and we love the idea of that," said Shelley Broader, Walmart Canada's president and CEO, in an interview.

The discount chain, which celebrated its 20th anniversary in Canada last month, is investing more than $376 million to build, expand, relocate or remodel its stores. It said six of the stores will be new, 10 will be expansions and 18 will be retrofitted to add a fresh food section. One store will be relocated. THE CANADIAN PRESS

**Market Minute**

**DOLLAR** 90.24¢ (+0.13¢)

**TSX** 13,504.48 (+18.28)

**OIL** $97.19 US (+$0.76)

**GOLD** $1,251.20 US (-$8.70)

**Natural gas:** $5.30 US (+$0.35)
**Dow Jones:** 15,445.24 (+72.44)

# The revolution will be televised ... on Netflix

## Do adjust your screen.
Survey says 29% of Canucks subscribe to Reed Hastings' brainchild to stream content

Since Netflix was launched in Canada in 2010, the streaming service has steadily grown in popularity. THE ASSOCIATED PRESS

Netflix continues to grow in Canada and is being used in millions of households, suggest two research reports.

Telephone surveys commissioned by the Media Technology Monitor with 4,009 anglophone Canadians between Oct. 7 to Dec. 1 found that 29 per cent of the respondents said they were Netflix subscribers.

That was up nearly 40 per cent compared to MTM survey results from 2012. Based on the latest polling data, MTM estimates there are 5.8 million Canadians using Netflix to stream content.

Solutions Research Group Consultants estimates that three million Canadian households are using Netflix, based on an online poll conducted in November.

Of the Netflix users polled, almost nine in 10 said they found the $8-a-month subscription fee to be "excellent" or "good" value for their money, and the average user spent 1.5 hours a day watching TV shows or movies with the service.

That poll also revealed that 81 per cent of the respondents said they watch short online videos monthly and 56 per cent were watching long-form content.

MTM's polling suggests that more Canadians are connecting their TVs to the Internet to play online video on their biggest screen.

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# STUFFAHOLISM KILLS

JUST SAYIN'

**Paul Sullivan**
metronews.ca

Now that the hangover from the orgy of materialism known as Christmas has finally evaporated, it's time to face the obvious.

We are stuffaholics and we are suffering from "stuffocation."

Christmas is merely the climax in a year of mounting over-consumption. It starts on Black Friday, marches through Cyber Monday, and culminates in two weeks of Boxing 'Day,' with the religious dimension of the holiday being swept away in a tsunami of consumption that now starts rolling even before Halloween. But we don't know what else to do with ourselves.

Stuffocation is the title of a new book by trendspotter James Wallman, and it's the perfect word for our current state. Too much everything. It's going to the closet, says Wallman, "and it's bursting with clothes but you can't find a thing to wear."

For other critters on the planet, the consequences are more serious.

There's an island called Midway, which is 2,000 miles from land, where the sea birds are literally stuffocating on the garbage they've ingested from the formerly pristine ocean and beaches. You can watch this on Upworthy. Check it out and weep. I did.

But Wallman has an interesting theory. He thinks we've finally had enough of stuff and the dominant philosophy of the day is changing.

We're evolving again. Materialism and its stuffocating side effects are giving way to "experientialism," which means we're starting to value experiences over things.

Back in the bad old days of conspicuous consumption, your stuff had a point. It was a symbol of your status. Your car was more than a ride from point A to point B; it was a sign you could afford to spend enough to keep an African village alive for a year on your conveyance.

That was then, when it was necessary to impress those in your immediate vicinity. But now that everyone (and I mean everyone) is in the media business, we need content to broadcast to our far-flung friends on Facebook and Twitter.

"I went shopping" is boring. "I hiked the Pacific Crest Trail" is pretty cool.

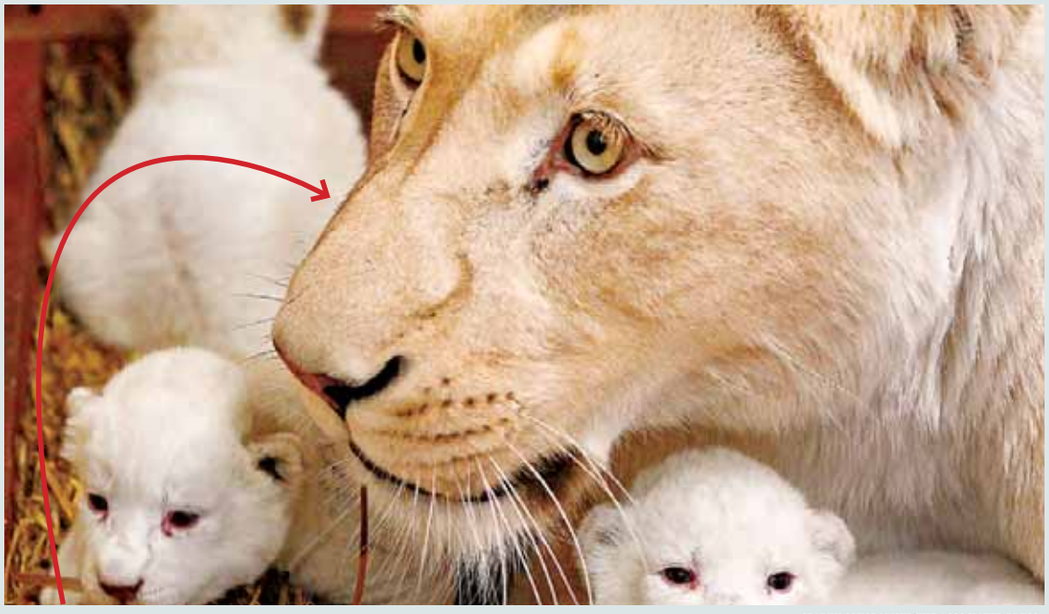
And who needs a car when you can just use a Zipcar?

According to Wallman, Apple is the perfect bridge from materialism to experientialism. You buy an iPhone and even the package it comes in is an experience. But there are other pioneers in this brave new world. For instance, Patagonia sells, through its partnership with eBay, used clothing and the stories behind it. Puma has a bag called the Clever Little Shopper; if you put it in hot water for three minutes it dissolves, leaving no residue and you can safely pour it down the drain.

Of course, experientialism is just another marketing scheme. This time you buy the experience, and the stuff is just the details. But in a world that's lost its meaning and is stuffocating us all, it's a tiny message of hope — in a biodegradable bottle.

ZOOM

## Addressing the white lion in the room



CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

### Endangered Species Act endangered?

White lioness Azira lies in a cage with her white cubs that were born last week in a private zoo in Borysew, in central Poland.

White lions are virtually extinct in the wild and often have defects that prevent them from giving birth, or the mother rejects her cubs, but in this case the cubs are doing well. The U.S. Endangered Species Act — designed to prevent plights like that of the white lion for wildlife in America — may be endangered itself. Republicans in Congress are calling for an overhaul to the act, who proponents credit with staving off extinction for hundreds of species, but critics contend has been abused by environmental groups seeking to restrict development in the name of species protection.

THE ASSOCIATED PRESS

**In 40 years, the U.S. government has spent billions of dollars trying to save some 1,500 species deemed endangered, like the grizzly bear.**

THE ASSOCIATED PRESS FILE

**Political protection**

**The political hurdles for an overhaul of the law are considerable. The Endangered Species Act enjoys fervent support among many environmentalists, whose Democratic allies on Capitol Hill have thwarted past proposals for change.**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

**With Facebook falling out of vogue among the web savvy, the social media site is doing its darndest to log some of your precious screen-time hours. Introducing Paper, a social app that takes the good ol' fashion design sensibilities of a magazine, combines them with a newspaper and puts it all online. But while the news reading app isn't yet available on the Canadian iTunes store, you don't have to stay stuck in the dark ages.**

**Flipboard:**
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**Feedly:**
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Twitter

**A Vancouver woman hopes to open a cat café this fall, based on ones popular in Tokyo. What other kinds of themed cafés would you like to see open up?**

**@PascalCoder** Retro Gaming Cafe, that accepts Bitcoin along with Canadian Dollars! E-Sports on the TVs, LCD Tetris Tables!

**@wgb75** Why can't Edmonton have a puppy cafe. A lot would be interested.

**@teemodajo** A crafty cafe with local artiste's wares.

**@Chris_cymru** board game cafe. Like snakes &lattes in Toronto

**@notmattdaubs** does Anne Murray have a cafe? She probably should.

**@mmmhustler403** A camping-theme cafe with a few real (small) bonfire/campfire for people to sit around. #YYC

**@MainStPoodle** I'd like to see a dog cafe. Right next door to the cat cafe.

**WE WANT TO HEAR FROM YOU:**
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# Minifigs movie built on an idea that's been around the block

**Silver screen play box.**
The Lego Movie latest film hoping to turn kid's toy into a blockbuster

IN FOCUS
Richard Crouse
scene@metronews.ca

Minifigures stick together to save the universe from the tyranny of Lord Business in The Lego Movie. CONTRIBUTED

Alfred Hitchcock said, "Ideas come from everything," and certainly Hollywood proves his point.

Just this year we've had films inspired by everything from Norse mythology by way of comic books (Thor: The Dark World), real life (Captain Phillips, American Hustle to name a couple) and literature (The Hobbit: The Desolation of Smaug to name one).

Like Hitch says, story ideas can come from anywhere. Even the board games and toys we played with as kids.

This weekend Hollywood has built a movie around a set of building blocks. The most famous building blocks in the world. The Lego Movie features the all-star voices of Will Ferrell, Liam Neeson, Elizabeth Banks and Morgan Freeman in a story about an ordinary Lego minifigure recruited to stop the evil tyrant Lord Business from gluing the universe together.

Lego's colourful interlocking plastic blocks are the latest toy to inspire a movie, but they aren't the first.

The 1977 animated film Raggedy Ann & Andy: A Musical Adventure has the distinction of being the first theatrical motion picture based on a consumer toy. In the movie the rag dolls go on a journey to rescue Babette, a beautiful French doll kidnapped by a pirate. Described as "tedious" and "lacking in pace and humor" by many critics, the movie has also been mentioned as an unofficial inspiration for the Toy Story series.

**Toying with filmgoers' affections**

**Lego's colourful interlocking plastic blocks are the latest toy to inspire a movie, but they aren't the first.**

A few years later came an action figure that would inspire several movies. Roger Sweet, lead designer for Mattel's Preliminary Design Department, says he wanted "a powerful figure that could be taken anywhere and dropped into any context because he had a generic name." That character was He-Man, defender of the realm of Eternia from the evil forces of Skeletor.

The job of bringing that bigger-than-life character from the toy box to the screen fell to Dolph Lundgren in the 1987 film Masters of the Universe. The original story wasn't a hit at the box office and isn't one of Lundgren's favourite films.

"How much could I do as an actor," he asked, "when I was running around in swim trunks and chest armor?"

More successful was Clue, based on the crime mystery board game. Starring Eileen Brennan and Martin Mull as murder suspects Mrs. Peacock and Colonel Mustard, the movie was released with three possible endings. The various endings were split up between theatres, so no two prints were the same, but the DVD release features all three.

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# Juno noms Reflektor Arcade Fire's heat

**Junos.** Montreal band scores six nods, Bublé, Ryder get five each

Montreal's Arcade Fire, whose Haitian-inspired fourth album Reflektor was one of the most critically acclaimed releases of the year, has nabbed a leading six Juno nominations.

Michael Bublé and Stompa singer Serena Ryder are close behind with five nominations apiece.

Tegan and Sara, Drake, Céline Dion and Hedley round out the field with four nods each heading into the March 30 show in Winnipeg.

The nominations were announced Tuesday morning at a news conference in Toronto.

Arcade Fire will compete in the album of the year category against Dion's Loved Me Back to Life, Drake's Nothing Was the Same, Bublé's To Be Loved and Ryder's Harmony.

Blurred Lines crooner Robin Thicke, who pulled in three Juno nominations, was announced as a performer at the show, as were indie darlings Tegan and Sara, and Ryder.

Thicke, who has dual citizenship, will compete for artist of the year against Dion, Drake, Bublé and Ryder.

Group of the year will be contested by Arcade Fire, Blue Rodeo, Hedley, Tegan and Sara, and Walk off the Earth. The Burlington, Ont., band known for their innovative videos earned three nominations overall.

Arcade Fire will also compete for alternative album of the year along with Rah Rah's The Poet's Dead, Royal Canoe's Today We're Believers, Warring by The Darcys and Uzu from Yamantaka//Sonic Titan. THE CANADIAN PRESS

**Music Hall of Fame**

## *BTO to be honoured*

Classic rock outfit Bachman-Turner Overdrive will be ushered into the Canadian Music Hall of Fame.

Arcade Fire has nabbed a leading six Juno nominations. THE CANADIAN PRESS

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *Hoffman introduced himself as a heroin addict*

MELINDA TAUB
Metro World News

Philip Seymour Hoffman's death came as a tremendous shock to his fans. He himself, though, didn't try to hide that he had a problem: Just two weeks ago, he introduced himself to a stranger as a heroin addict.

Magazine publisher John Arundel was at the Sundance Film Festival recently, where he began chatting with Hoffman, whom he did not recognize. Arundel asked what he did for a living. "He said, 'I'm a heroin addict,'" Arundel told the New York Post.

Hoffman then took off his "sloppy hat," at which point Arundel recognized the star. Before he walked away, Hoffman added, "I just got out of rehab."

It's especially heartbreaking to know that Hoffman was fully aware of the dangerous path he was on, but was unable to stop.

Hoffman was found dead Sunday in a Manhattan apartment. According to police, he was found in the bathroom with a needle still in his arm. Hoffman had been sober for 20 years, sources say, until a relapse last May.

Gwyneth Paltrow GETTY IMAGES

## All's Vanity Fair in Gwyneth's war on exposé — magazine reconsiders

That Vanity Fair piece on Gwyneth Paltrow might never see the light of day, according to editor Graydon Carter, but not because of the Oscar-winning actress' impressive attempts to quash the mag's efforts. It turns out the final piece "was such a far cry from the almost mythical story that people were by now expecting — the 'epic take-down,' filled with 'bombshell' revelations — that it was bound to be a disappointment," Carter writes in the magazine's latest issue.

# BROADCAST SCHEDULE

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## OLYMPIC BROADCAST SCHEDULE

| ANDI PETRILLO<br>ANDREW CHANG | DIANA SWAIN<br>DAVID AMBER | SCOTT RUSSELL | RON MACLEAN |
|---|---|---|---|
| OLYMPIC OVERNIGHT | OLYMPIC MORNING | OLYMPIC DAYTIME | OLYMPIC PRIMETIME |

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ALL TIMES PACIFIC

| SAT FEB 8 | SUN FEB 9 | MON FEB 10 | TUE FEB 11 | WED FEB 12 | THU FEB 13 | FRI FEB 14 | SAT FEB 1 |
|---|---|---|---|---|---|---|---|
| (FEB 7) 9:30 PM - 11:15 PM<br>SNOWBOARD MEN'S SLOPESTYLE | 1:15 AM - 2:15 AM<br>SNOWBOARD LADIES' SLOPESTYLE | 1:45 AM - 4:30 AM<br>SHORT TRACK SPEED SKATING | 1 AM - 2 AM<br>FREESTYLE SKIING LADIES' SLOPESTYLE | 1:30 AM - 2 AM<br>NORDIC COMBINED MEN'S INDIVIDUAL | 1:30 AM - 2:45 AM<br>FREESTYLE SKIING MENS' SLOPESTYLE | 12 AM - 2:30 AM<br>ALPINE SKIING MEN'S SC (DH) & MEN'S HOCKEY CZE vs LAT | 12 AM - 2:30 A<br>ALPINE SKIING LADIES' SG & MEN'S HOCKEY SVK vs SLO |
| 12:45 AM - 2 AM<br>SNOWBOARD MEN'S SLOPESTYLE | 2:15 AM - 2:45 AM<br>CROSS COUNTRY MEN'S SKIATHLON | 4:30 AM - 5:45 AM<br>ALPINE SKIING LADIES' SC (SL) | 2 AM - 5 AM<br>CURLING-MEN'S CAN vs SWE | 4:30 AM - 7 AM<br>WOMEN'S HOCKEY CAN vs USA | 3 AM - 4:15 AM<br>SHORT TRACK SPEED SKATING | 2:30 AM - 4 AM<br>CROSS COUNTRY SKIING MEN'S 15KM CLASSIC | 3 AM - 4:30 AM<br>SHORT TRACK SPEED SKATIN |
| 2 AM - 3 AM<br>CROSS COUNTRY LADIES' SKIATHLON | 3:30 AM - 5:30 AM<br>SPEED SKATING LADIES' 3000M | 6 AM - 6:45 AM<br>FREESTYLE SKIING MEN'S MOGULS | 5 AM - 5:45 AM<br>CROSS COUNTRY SKIING | 7 AM - 8:30 AM<br>SPEED SKATING MEN'S 1000M<br>SNOWBOARD LADIES' HALFPIPE | 4:30 AM - 7 AM<br>MEN'S HOCKEY RUS vs SLO | 5 AM - 5:45 AM<br>ALPINE SKIING MEN'S SC (SL) | 4:30 AM - 7 AM<br>MEN'S HOCKEY USA vs RUS |
| 3:30 AM - 4:15 AM<br>SPEED SKATING MENS 5000M | 7 AM - 10:15 AM<br>FIGURE SKATING TEAM<br>MEN'S FREE<br>LADIES' FREE DANCE FREE | 7 AM - 9:30 AM<br>WOMEN'S HOCKEY FIN vs CAN | 5:45 AM - 9:30 AM<br>SPEED SKATING LADIES' 500M & LADIES' LUGE | 9:15 AM - 10:45 AM<br>FIGURE SKATING PAIRS FREE | 7 AM - 8 AM<br>SPEED SKATING LADIES' 1000M | 5:45 AM - 6:45 AM<br>FREESTYLE SKIING LADIES' AERIALS | 7:30 AM - 9 AM<br>SKELETON MEN'S |
| 5 AM - 7:30 AM<br>WOMEN'S HOCKEY CAN vs SUI | 10:15 AM - 11:15 AM<br>SKI JUMPING MEN'S | 10 AM - 11:30 AM<br>FREESTYLE SKIING MEN'S MOGULS | 9:30 AM - 10:30 AM<br>SNOWBOARD MENS' HALFPIPE | 10:45 AM - 11:45 AM<br>SNOWBOARD LADIES' HALFPIPE | 8 AM - 8:45 AM<br>BIATHLON MEN'S 20 KM INDIVIDUAL | 7 AM - 8:45 AM<br>SKELETON MEN'S & WOMEN'S | 9:30 AM - 11 A<br>SKI JUMPING MEN'S |
| 7:30 AM - 10 AM<br>FIGURE SKATING TEAM EVENT | 11:30 AM - 2 PM<br>MEN'S LUGE & BIATHLON WOMEN'S 7.5 KM SPRINT | NOON - 1 PM<br>BIATHLON MEN'S 12.5 KM PURSUIT | 10:30 AM - 11 AM<br>SKI JUMPING LADIES' | NOON - 1 PM<br>LUGE DOUBLES | 9 - 11:30 AM<br>MEN'S HOCKEY CAN vs NOR | 9 AM - 11:30 AM<br>MEN'S HOCKEY CAN vs AUT | 11:15 AM - 12:<br>CROSS COUNTRY SKIING LADIES' RELAY 4x5KM |
| 10 AM - 11:30 AM<br>FREESTYLE SKIING LADIES' MOGULS | 9 PM - 11:30 PM<br>CURLING-MEN'S GER vs CAN | 1 PM - 2 PM<br>WOMEN'S LUGE | 11 AM - NOON<br>FIGURE SKATING PAIRS' SHORT | 1 PM - 2 PM<br>NORDIC COMBINED MEN'S INDIVIDUAL 10 KM | NOON - 1 PM<br>LUGE TEAM RELAY | NOON - 1 PM<br>FREESTYLE SKIING LADIES' AERIALS | 12:15 PM - 1 P<br>SPEED SKATIN MEN'S 1500M |
| NOON<br>OTTAWA @ BOSTON | 11:30 PM - 1:45 AM<br>ALPINE SKIING LADIES' SC (DH) | 9 PM - 12 AM<br>CURLING-WOMEN'S SWE vs CAN | NOON - 1 PM<br>BIATHLON WOMEN'S 10 KM PURSUIT | 9 PM - 11:30 PM<br>CURLING-WOMEN'S CAN vs DEN | 1 PM - 2 PM<br>CROSS COUNTRY SKIING LADIES' 10KM CLASSIC | 1 PM - 2 PM<br>SKI JUMPING MEN'S QUALIFICATION | 1 PM - 1:30 PM<br>ALPINE SKIING LADIES' SG |
| 3 PM<br>VANCOUVER @ TORONTO | | | 11 PM - 1:15 AM<br>ALPINE SKIING LADIES' DOWNHILL | 11:30 PM - 1:15 AM<br>WOMEN'S SKELETON | 9 PM - 12 AM<br>CURLING-MEN'S CAN vs NOR | 9 PM - 12 AM<br>CURLING-WOMEN'S CAN vs JPN | 1:30 PM - 2 PM<br>JONATHAN TOE EVERY PICTUR TELLS A STORY (DOCUMENTAR |
| MONTREAL @ CAROLINA | | | | | | | 9 PM - 12 AM<br>CURLING-MEN USA vs CAN |
| 11 PM - 1:15 AM<br>ALPINE SKIING MEN'S DOWNHILL | | | | | | | |
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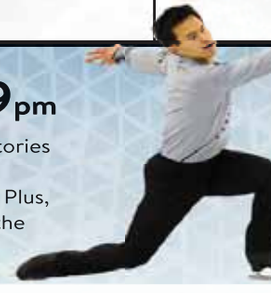

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|---|---|---|---|---|---|---|---|---|
| | 12 AM - 1:15 AM<br>ALPINE SKIING<br>MEN'S SG | 1:30 AM - 2:30 AM<br>SNOWBOARD<br>MENS' SBX | 12 AM - 2:30 AM<br>MEN'S HOCKEY<br>QUALIFICATION<br>PLAYOFF | 1 AM - 2 AM<br>SNOWBOARD<br>MEN'S & LADIES'<br>PGS | 12:30 AM - 1:15 AM<br>NORDIC COMBINED<br>MEN'S TEAM LH | 1:30 AM - 3 AM<br>FREESTYLE SKIING<br>LADIES' SKI CROSS | 1:15 AM - 3 AM<br>SNOWBOARD<br>MEN'S & LADIES'<br>PS | 1:45 AM - 3 AM<br>FOUR-MAN<br>BOBSLEIGH |
| | 1:15 AM - 2:15 AM<br>SNOWBOARD<br>LADIES' SBX | 4:30 AM - 7 AM<br>WOMEN'S HOCKEY<br>SEMI FINALS | 2:30 AM - 3:30 AM<br>SHORT TRACK<br>SPEED SKATING<br>LADIES' 1000M<br>MEN'S 500M | 2 AM - 4:30 AM<br>CURLING-WOMEN'S<br>SEMI FINAL#1 | 1:30 AM - 3 AM<br>FREESTYLE SKIING<br>MENS' SKI CROSS | 5:30 AM - 8:30 AM<br>CURLING-MEN'S<br>GOLD MEDAL MATCH | 3:15 AM - 4:30 AM<br>CROSS COUNTRY<br>SKIING<br>LADIES' 30KM<br>MASS | 3 AM - 4 AM<br>MEN'S HOCKEY<br>PRE SHOW |
| | 2:15 AM - 5 AM<br>CURLING-WOMEN'S<br>USA vs CAN | 7 AM - 8:45 AM<br>TWO-MAN<br>BOBSLEIGH | 3:30 AM - 4:15 AM<br>ALPINE SKIING<br>LADIES' GIANT<br>SLALOM | 4:30 AM - 7 AM<br>MEN'S HOCKEY<br>QUARTERFINAL | 3 AM - 4:15 AM<br>NORDIC COMBINED<br>MEN'S TEAM 4X5KM | 9 AM - 11:30 AM<br>MEN'S HOCKEY<br>SEMI FINAL | 4:45 AM - 5:30 AM<br>ALPINE SKIING<br>MEN'S SLALOM | 4 AM -7 AM<br>MEN'S HOCKEY<br>GOLD MEDAL MATCH |
| | 6 AM - 7:45 AM<br>SPEED SKATING<br>LADIES' 1500M | 9 AM - 11:30 AM<br>WOMEN'S HOCKEY<br>SEMI FINALS | 4:30 AM - 7 AM<br>MEN'S HOCKEY<br>QUALIFICATION<br>PLAYOFF | 7:15 AM - 8 AM<br>CROSS COUNTRY<br>SKIING<br>MEN'S & LADIES'<br>TEAM SPRINT | 5:30 AM - 9<br>CURLING-WOMEN'S<br>GOLD MEDAL MATCH | NOON - 1 PM<br>SPEED SKATING<br>MEN'S & LADIES'<br>TEAM PURSUIT | 5:30 AM - 7 AM<br>SPEED SKATING<br>MEN'S & LADIES'<br>TEAM PURSUIT | 8 AM - 10:30 AM<br>CLOSING<br>CEREMONY |
| | 8 AM - 8:45 AM<br>BIATHLON<br>MEN'S 15 KM<br>MASS | NOON - 1 PM<br>SKI JUMPING<br>MEN'S TEAM LH | 7:15 AM - 8 AM<br>WOMEN'S<br>BOBSLEIGH | 8 AM - 8:45 AM<br>SNOWBOARD<br>MEN'S & LADIES'<br>PGS | 9 PM - NOON<br>WOMEN'S HOCKEY<br>GOLD MEDAL MATCH | 1 PM - 2 PM<br>ALPINE SKIING<br>LADIES' SLALOM | 7 AM -11 AM<br>MEN'S HOCKEY<br>BRONZE MEDAL<br>MATCH | |
| | 9 AM - 11:30 AM<br>MEN'S HOCKEY<br>CAN vs FIN | 1 PM - 2 PM<br>BIATHLON<br>WOMEN'S 12.5 KM<br>MASS | 9 PM - 11:30 AM<br>MEN'S HOCKEY<br>QUALIFICATION<br>PLAYOFF | 9 AM - 11:30 AM<br>MEN'S HOCKEY<br>QUARTERFINAL | NOON - 1 PM<br>FREESTYLE SKIING<br>LADIES' HALFPIPE | 9:15 PM - 11 PM<br>SNOWBOARD<br>MEN'S & LADIES'<br>PS | 10 AM - 11:15 AM<br>FOUR-MAN<br>BOBSLEIGH | |
| | NOON - 1 PM<br>TWO-MAN<br>BOBSLEIGH | 9 PM - 10:45 PM<br>CURLING-MEN'S<br>OR WOMEN'S<br>TIE-BREAK | NOON - 1:45 PM<br>NORDIC COMBINED<br>MEN'S INDIVIDUAL | NOON - 1 PM<br>FIGURE SKATING<br>LADIES' SHORT | 1 PM - 2 PM<br>NORDIC COMBINED<br>MEN'S TEAM 4X5KM | | 11:15 AM - NOON<br>ALPINE SKIING<br>MEN'S SLALOM | |
| | 1 PM - 2 PM<br>CROSS COUNTRY<br>SKIING<br>MEN'S RELAY<br>4x10KM | 11 PM - 12 AM<br>ALPINE SKIING<br>LADIES' GIANT<br>SLALOM | 9:15 PM - 11 PM<br>SNOWBOARD<br>MEN'S & LADIES'<br>PGS | 1 PM - 2 PM<br>CROSS COUNTRY<br>SKIING<br>MEN'S & LADIES'<br>TEAM SPRINT<br>CLASSIC | 11:45 PM - 12:30 AM<br>FREESTYLE SKIING<br>LADIES' SKI CROSS | | 1 PM - 2 PM<br>BIATHLON<br>MEN'S 4x7.5KM<br>RELAY | |
| | 9 PM - 12 AM<br>CURLING-WOMEN'S<br>TBD | | 11 PM - 1 AM<br>ALPINE SKIING<br>MEN'S GIANT<br>SLALOM | 11:45 PM - 12:30 AM<br>FREESTYLE SKIING<br>MENS' SKI CROSS | | | 11 PM - 1:45 AM<br>CROSS COUNTRY<br>SKIING<br>MENS' 50KM<br>MASS | |

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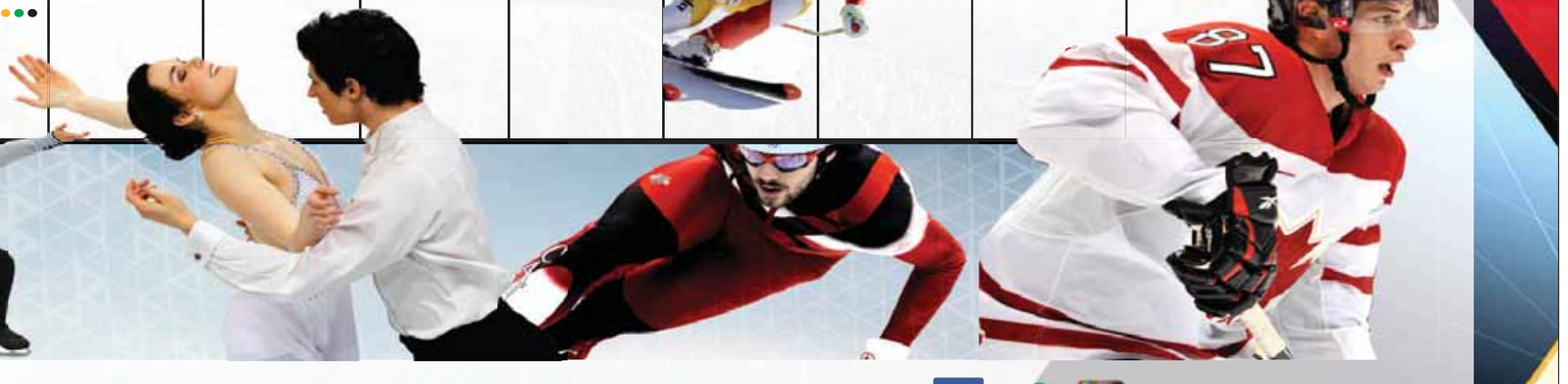


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**WEDNESDAYS at 9**

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# What a winter fun-derland

**Panorama.** From hardcore powder hounds to high-end dining aficionados, this B.C. mountain resort has something for everyone

KATHY BUCKWORTH
life@metronews.ca

After a hard day on the slopes, soothe your aching muscles in the hot pools at Panorama. PANORAMA

Located a scenic four-hour drive northwest from Calgary Airport, Panorama, B.C., is a unique ski resort destination that has something for the whole family, including its signature panoramic views.

With a 4,000-foot vertical, 2,800 acres of terrain, over 120 trails, two bowls and two terrain parks, there are plenty of gentle green and more challenging blue runs for beginners and experienced skiers to warm up on before hitting the tough double black diamond Taynton Bowl. Panorama is on the lighter side of the so-called Powder Highway and conditions can vary.

One hundred per cent slope-side accommodation makes it easy for families to take a quick walk to the high-speed quad lifts at the bottom. Families can choose from studio, one, two, and three bedroom suites with kitchen facilities and fireplaces.

The new PanoPass is included in every lift ticket and provides for unlimited skiing, snowboarding, cross-country skiing, tubing and tobogganing.

The PanoKids ski school has instructors for all ages and levels.

After a hard day on the hill, the hot pools are filled with adults soothing aching muscles and kids enjoying water play outdoors in the middle of the winter. Panorama has the largest slope-side pool collection in Canada.

There are a variety of food options including the Great Hall for basic food fare, while the TBar & Grille menu includes pub staples like chicken wings and nachos during the day, turning into the "party bar" in the evening. The Wildfire Grill has a moderately priced menu perfect for a family night out. The Earl Grey Lodge's restaurant is a gourmet food lovers delight. Or, shop at the General Store for snacks or to prepare your own meals; grab a bottle of wine at the village liquor store as well.

Hearty types who make it up to the Summit at the top of the hill can enjoy chili, bison burgers and more for the hungry midday skier. Be warned to use the outside washroom before taking off your ski outerwear and warming up by the wood fire.

Heli-skiing is offered by Rk Heliski, which has been flying skiers for 44 years to over 120 organized landings, over 1,500 square kilometres. Skiers and boarders are given a hearty breakfast at Choppers Landing prior to beginning their safety training and flight up. Rk also offers a fondue experience which has diners fly to The Summit for a cheese, meat and chocolate fondue meal before either flying back down, or skiing off some of the meal.

Panorama's tag line — "Getting to Panorama is easy. Leaving is the hard part" — weighs true for the many travellers who fly WestJet into Calgary. Arrangements can be made for one of two daily free Panorama shuttles, or rental cars are available at the airport.

**Panorama quick facts**

- **Average winter temperature.** -5 C
- **Longest run.** Is 5.5 km and is Never, Never Land in the Taynton Bowl
- **Trails.** 120 named trails
- **Average snowfall.** 479 centimetres
- **Ski season.** December until April

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# Whistler: For billionaires and backpackers

**Ballin' and budgeting.** Metro's Loren Christie enjoys one of Canada's top ski destinations in two very different ways

**ON THE MOVE**
Loren Christie
life@metronews.ca

Hitting the slopes at Whistler can be affordable. TOURISM BC

I recently checked out Whistler Blackcomb, both as a prince and a pauper. What could one day of skiing cost you at Canada's premier ski resort? Well it depends… somewhere between $250 and $10,000.

High roller — From Vancouver International Airport it's a quick shuttle to the Helijet terminal. My five-passenger helicopter ride to Whistler cost $3,590 or $718 per person if you are fortunate enough to have fellow travellers.

Budget conscious — Look for the Pacific Coach Lines shuttle bus just outside the airport's International Departures Area. After $72 and a brief stop in downtown Vancouver, it's a three-hour drive to Whistler Village.

High roller — The opulent yet cozy presidential suite at the Four Seasons Resort & Residences Whistler will set you back at least $3,000 a night.

Budget conscious — Once used to house athletes during the 2010 Winter Games, the Hostelling International hostel at Cheakamus Crossing is an affordable $39 a night. My cheery room came with three bunk mates and a shared bathroom.

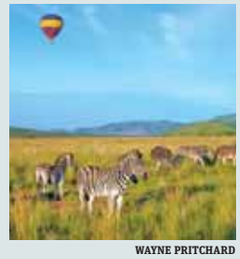
High roller — Who better to give me a lesson as I hit the slopes than an Olympian? I spent my day with Britt Janyk, one of several athletes who participate in the Snow School's exclusive Ski With an Olympian program. Cost: $899 plus lift ticket.

Budget conscious — Head to the top of the Whistler Village Gondola for your complimentary tour of the mountain with a mountain host. Offered daily, don't expect a ski lesson, but do expect to get your ski legs by getting oriented around this massive ski resort while hearing some local lore. Lift ticket packages vary in cost, but plan to pay $100.

High roller — Araxi Restaurant & Bar is reputedly Gordon Ramsay's favourite restaurant in Canada. During the Olympics, medalists were invited to come in to this award-winning Whistler favourite for a glass of champagne. My five-course meal included B.C. sablefish and saddle of rabbit. Cost varies, but expect to pay $150 per person.

Budget conscious — When you enter the Whistler visitor centre, head to the back of the circular building and meet Rosie. The owner of Sushi to Go may barely eat sushi herself, but her creations are legendary in the village. A few pieces of sushi and a dynamite roll cost me $12.

**Bucket List**



WAYNE PRITCHARD

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While an African safari may seem like light years from reality, South African Airways has made it more accessible with a package starting at $3,000 that includes flights (from New York or Washington D.C.), four nights at the incredibly cool Protea Hotel Fire & Ice in Cape Town and three nights at remote Shepherd's Tree Game Lodge in Pilanesberg National Park north of Johannesburg. A tour of the Cape Peninsula and a safari tour of the Pilanesberg Game Reserve are also covered. Go to flysaavacations.com.
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# Where the Breezes are always warm

**Bahamas.** The Bahamas is a mix of the familiar and exotic

MATT PRIGGE
Metro World News in New York

The bitter cold reality of the dark life in the north early in the new year dares you to flock elsewhere.

So it's not surprising that the peak season for the Bahamas, and those lands in the adjacent Caribbean, lies in the bleak mid-winter.

The glut of tourists from North America has made for a curious culture.

On one hand, those who live and work in the Bahamas year-round maintain the Arawak lifestyle that links them with South America.

On the other, they've made room for North American things.

Indeed, Bahamian Independence Day is only a few days after its American equivalent. Because tourism is the islands' No. 1 economic driver, they celebrate both, one right after the other, for one crazy bash.

Forget all your northern troubles as you relax poolside in Nassau. CONTRIBUTED

The Bahamas teem with fancy hot spots, especially in the capital city Nassau, located on the island of New Providence.

It's here that James Bond has returned again and again, including in his maiden voyage, Dr. No.

Breezes Bahamas was the first of what are still only three all-inclusive resorts on Nassau, and it remains one of the best deals, which is to say it's more affordable than most.

This isn't a sleek castle that protects one from everything but the weather and beach time. It's a getaway that tries to keep you close to island life.

At Breezes, there are the expected multiple pools, beachfront hang spots and an ever-flowing parade of Girl Drink Drunk cocktails whose names you'll quickly forget. But there's also Kalik, the Bahamas' most cherished local beer, a refreshing, fruity brew named for the sound produced by two smacked coconuts.

The mix of local and familiar is also reflected in the food. The two fancy restaurants and the all-day buffet fling continental food, but slip in Bahamian delicacies and twists on American standards.

You'll have to go off-site to take in the country's most cherished foodstuff: conch salad, a refreshing, filling mix of peppers, tomatoes and the white, tangy meat pulled from shells, topped with a liberal squeeze of lime juice. A bowl of the stuff will run you $10 US. We recommend the one from Twin Brothers.

**Quick facts**

- **Average temperatures.** The daily average temperature in the winter is in the mid-20s, falling to high teens at night.
- **What about hurricanes?** Hurricane season runs from June to November, with the height being during the month of October.

# Tick the aurora off your bucket list

A particularly good aurora is greeted like a rock star, according to locals in Yellowknife. GETTY IMAGES

**Yellowknife.** Tourists around the world flock to Canada's north to witness one of nature's lovely miracles

A van picks up a score or so of tourists from a Yellowknife hotel and heads off into the night, destination wonderment.

"The aurora is one of our dreams," explains Kazna Mori of Japan, who's come to these silent, snowy woods outside of the northern capital in hopes that on this night the northern lights will dance for her.

"It's a dreaming thing," she says. "It's a miracle thing."

She's one of a few dozen visitors this night to Aurora Village, a collection of wood-heated teepees and other facilities about a half-hour's drive into the boreal forest, where the only competition for the aurora borealis comes from the stars and the moon.

For 10 years, the village has welcomed viewers to one of the best borealis-watching sites in the world, favoured by its inland geography and position under the aurora ovals where the celestial lights have their origin far above the earth.

"A good night, you're totally in awe," says Steve Herrett, who's been hosting visitors here for eight years.

"My mouth falls open and my head goes back. It can make you feel so minuscule and tiny, it's so powerful. You feel gifted to experience something like it."

Most of the visitors are from Japan and Taiwan, says Herrett. China is a growing source, with even a few Canadians starting to take an interest in the light show in their own northern backyard.

A particularly good aurora, with vast veils of green and pink furling and rippling across the sky, is greeted like a rock star.

"All the girls start screaming," Herrett says. "They're just so excited. It's almost hysteria."

And yes, sometimes you can hear the aurora.

"I've heard them once," says Herrett. "It sounds like static electricity, a little bit of a crackling sound."

He says some scientists suggest it's not a sound at all, but a resonance the aurora actually produces within the human body.

"It appears in historic records that long ago the explorers and the Inuit people heard them frequently.

"Today it's very rare. We wonder what that's all about."

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# Where in the world is your career going to take you?

**An office on the move.**
Of business meetings in Belgium and conferences in Cairo

TANIA DESA
TalentEgg.ca

Don't forget to grab your passport along with your paperwork. ISTOCK

You have a dream of working with a team of people from different cultures and backgrounds.

You want to jump on the red eye to have meetings in Paris, New York and Tokyo. Essentially, you want to find a dream job in an exciting foreign city.

Great, so where do you start? It all starts with a dream ... and a ton of research.

## The dreaming phase

In order to get to where you're going, you have to know your destination. Crafting a vivid picture of where you want to be working and how you want to be living will give you a stronger sense of direction, inspire momentum and ignite action.

Write down your answers to the following five questions:

- What intrigues me most about living and working abroad? List experiences and places that immediately come to mind.
- How could the experience enhance my skills and marketability?
- What types of people do I love to be around? In which industries can I find these people?
- What type of work do I get energized about? In what roles would I find this work?
- After work, what do I want to do to have fun and relax?

If you love attending concerts, the theatre and enjoying a trendy arts scene, then a small town in Alaska may not be an ideal choice.

If you are passionate about hiking, skiing and outdoor adventures, perhaps Zurich or Vancouver are top of the list.

Look back on your answers. You have documented goals, industries, roles and countries or cities that spark your interest. What trends do you notice?

You may gravitate towards Asia to learn more about doing business in emerging markets. You may notice your passion for improving your Spanish draws you closer to South America. Perhaps your entrepreneurial and tech start-up curiosity leads you to Israel.

Observe the trends in your thoughts and desires, then leap into the next phase.

## The research phase

You can literally spend hours, days, even months learning all details of your perfect destination, but there is no such thing as the perfect city.

There are pros and cons to any location and a fulfilling international assignment is based on matching your objectives with a destination that can help you meet them. In order to discover a good match, there are a few things you should consider researching.

### Work visas and permits

You can easily shortlist your dream destination list by learning where Canada has bilateral youth mobility agreements for Canadians age 18-35 years old. These agreements lower the barriers to entry and can potentially get you to your destination faster.

Allow yourself time to process the paperwork — it's the less sexy part of working abroad, but it's a vital step. This will also prompt you to consider the length of time of your international assignment. Don't be discouraged if your dream destination doesn't appear in the list, it simply means you might have to explore alternative options like approaching companies to sponsor your work visa.

### Cost of living and your budget

Think about your budget. Determine your monthly budget by listing expenses you expect to incur, then compare the costs in your new dream destination.

### Local language

Look into the local language of your dream destination. Don't be surprised to land and learn that Catalan is the local language of Barcelona — look it up first! Be open to exploring cities with interesting foreign languages. Remember, the world is getting smaller and the language skills on your resumé could prove to be a competitive advantage.

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# Balance ‘what can I get for you’ with ‘when’s that paper due?’

**Cash between classes.** There are many advantages to working while you’re in school. Find a good employee-student balance and make the most of that extra income

RIANA TOPAN
TalentEgg.ca

Working part-time while in school is an excellent way to offset some of your tuition, textbook and housing costs.

However, it can be challenging to juggle a job on top of an already-busy student schedule.

Here are some suggestions for how to balance a job along with your studies.

### Stay organized

Planning out your schedule is the most important step to ensuring that you stay on top of your schoolwork and your job. Use a calendar that’s connected to your email or one that you can download to your computer — or opt for a paper agenda. Whatever you choose, use your planner to schedule in class times and deadlines, shifts at work, time for studying, errands and exercise, social activities and any other commitments you have.

Seeing your schedule laid out like this will help you to manage your time well and plan in advance to make sure you don’t let anything fall off your radar.

### Be proactive about deadlines

Try setting “fake” due dates for yourself for assignments and exams a couple of days ahead of the real deadlines and aim to have your essay, report or studying completed by the earlier date.

Following this method, you’ll always have a buffer period if you fall behind or you can use that time to review your notes again or proof-read your assignment one last time.

You should also start working on projects as soon as you get them. Not only will it help you to get a good sense of how much time you need to set aside to complete the assignment, it will also eliminate the anxiety that comes with a looming deadline for something you haven’t started yet.

Let your manager know that while you’re dedicated to your side job, your education invariably comes first. ISTOCK

### Be honest with your employer

Make it clear that your job is important to you but that your studies ultimately have to come first.

Your boss should already expect this and he or she will probably appreciate your dedication to your education.

Of course you’ll still need to make sure you’re still making your job a priority, however you can make things a little bit easier on yourself by arranging your working schedule around exams or assignments well in advance.

You should also be upfront with your employer about how many hours you are able to work each week without jeopardizing your schoolwork.

Offer to work a little extra during peak times. Employers will be more respectful of your schedule if you are respectful of theirs.

### Treat your job like you treat school

Take your job seriously. Even though it’s secondary to your education, you still need to give it your best effort.

Work hard to learn the job and perform well. Work will be less stressful, your employer will be more willing to give you a good reference when all is said and done and you’ll be able to take pride in your work.

### But don’t let yourself burn out

Be honest with yourself about what you can realistically handle. Not everyone can manage working while in school and taking on too much could mean you end up neglecting your studies. To prevent this from happening, make sure you give yourself a break every now and again. It’s important for your physical, emotional and mental health.

It’s expected that you’ll have to forego some social activities but that doesn’t mean you have to deprive yourself of all kinds of fun.

Take a night off occasionally to see friends and maintain relationships with the people you care about. And schedule in some personal time every once in a while too, to give yourself a chance to catch your breath, check in with yourself and make sure your stress levels are manageable.

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**Work hard, study hard**

**Treat your schoolwork like you treat your job**

- One of the hardest things about balancing course work as a student is time management, because there’s no one watching over to make sure you don’t procrastinate.
- When you’re studying, act like you’re at work: every minute counts, so make sure you’re using your time wisely. You have to become your own boss — you should hold yourself to the same high standards an actual employer would.

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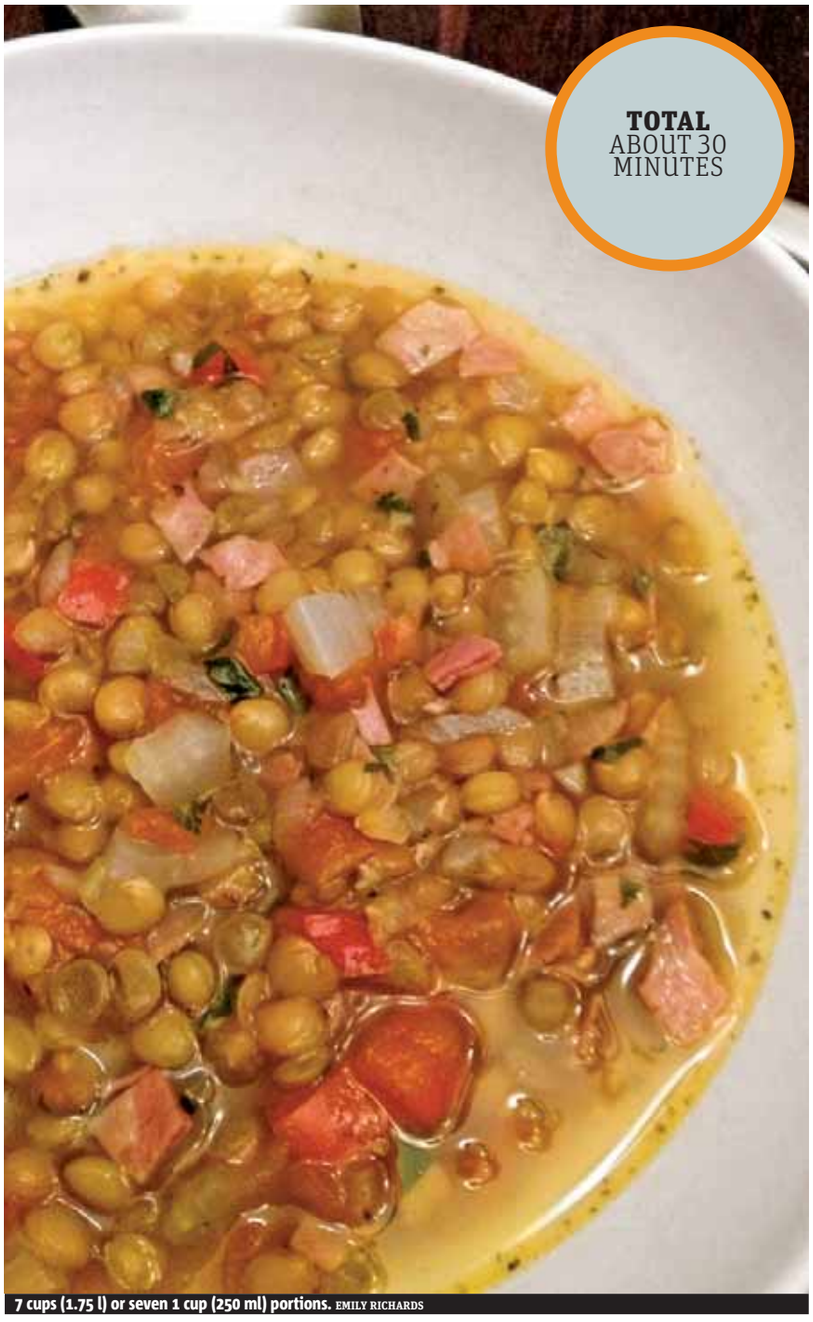

7 cups (1.75 l) or seven 1 cup (250 ml) portions. EMILY RICHARDS

# Hearty soup is an ode to Canadian-grown legumes

DINNER EXPRESS
Emily Richards
food@metronews.ca

Legumes such as lentils are grown in Canada and are a delicious and easy way to add fibre and protein to your dishes.

This soup can easily be doubled for a large crowd or you can use up half and freeze the other half in smaller portions for lunches or dinners later in the month.

**1.** In a soup pot, heat oil over medium heat and cook onion, celery, garlic and Italian seasoning for about 5 minutes or until softened. Add lentils and stir to coat well.

**2.** Add broth, water, ham and red pepper; bring to boil. Reduce heat and add tomatoes. Cover and simmer for 30 minutes or until lentils are tender. Stir in parsley.

## FLASH FOOD

From your stove to your table in about 30 minutes

**Biscuits**
Make some yummy biscuits to serve up with your soup. This recipe yields about 12 of them.

**1.** Whisk together flour, granulated sugar, baking powder and salt. Cut in cubed butter until mixture resembles coarse crumbs. Drizzle over milk, stirring with a fork to make a soft, slightly sticky dough.

**2.** On a lightly floured surface, knead dough gently about 10 times. Pat dough into 1/2 inch (1 cm) thick square. Using floured knife cut into 12 pieces. Place on ungreased baking sheet. Brush tops of biscuits with a bit more milk. Bake in preheated 425 F (220 C) oven for about 12 minutes or until golden.

### Cooking tips

- There are different varieties of sodium-reduced and lower-fat sliced black forest ham options you can use in the soup. But using ham that's been chopped allows for distribution throughout the soup. This is also a great recipe to use up leftover roast ham.
- You can substitute 2 cans (19 oz/540 ml each) lentils, drained and rinsed for the 1 cup (250 ml) of dried lentils and reduce the cooking time to 15 minutes.
- Store your lentils in a resealable glass jar. Not only will it look great, but you will also see them and use them more often.

### Ingredients

**Soup**
- 2 tsp (10 ml) canola oil
- 1 onion, chopped
- 1 large stalk celery, diced
- 3 cloves garlic, minced
- 1/2 tsp (2 ml) Italian herb seasoning
- 1 cup (250 ml) dried green or brown lentils
- 1 box (900 ml) sodium reduced chicken broth
- 3 cups (750 ml) water
- 4 oz (125 g) thinly sliced black forest ham, finely chopped
- 1 red bell pepper, diced
- 2 tomatoes, seeded and diced
- 2 tbsp (25 ml) chopped fresh Italian parsley

**Biscuits**
- 2 1/2 cups (625 ml) all-purpose flour
- 2 tbsp (30 ml) granulated sugar
- 1 tbsp (15 ml) baking powder
- 1/4 tsp (1 ml) salt
- 3/4 cup (175 ml) cubed butter
- 1 cup (250 ml) of milk

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SPORTS 4

# Canucks run out of gas in road loss to Bruins

**NHL.** Luongo takes the blame as Vancouver drops fifth in a row

After putting only five shots on goal in the first period, the Boston Bruins took aim against Vancouver goalie Roberto Luongo in the second and third.

Three of their shots got past Luongo and although only two of them counted for goals, that was more than enough offence for the Bruins to beat the slumping Canucks 3-1 on Tuesday night.

Boston led 1-0 after the first on Milan Lucic's goal despite being outshot 9-5. Jarome Iginla and Daniel Paille added goals in the second period for the Bruins, and Tuukka Rask kept the Canucks from rallying with several saves on short-handed opportunities that could have invigorated Vancouver.

The biggest was stopping Daniel Sedin on a breakaway, which led to Iginla's goal that put Boston up 2-0 with 12:01 left in the second period.

Rask made 27 saves against the road-weary Canucks, who dropped their fifth straight.

Sedin and his twin brother, Henrik, extended their goal-scoring droughts to 17 games.

"Me and Danny have got to step up and score goals. That's No. 1. That's the difference right now," said Henrik Sedin. "We've got to be the difference-makers and we're not right now."

Raphael Diaz scored the only goal for Vancouver, pulling the Canucks to 2-1 on a slap shot with 8:32 left in the second period.

Luongo stopped 29 shots for Vancouver and tried to take responsibility after the Canucks lost for the sixth time in seven games.

"I think this one's 100 per cent on me. I wasn't too good out there tonight," he said.

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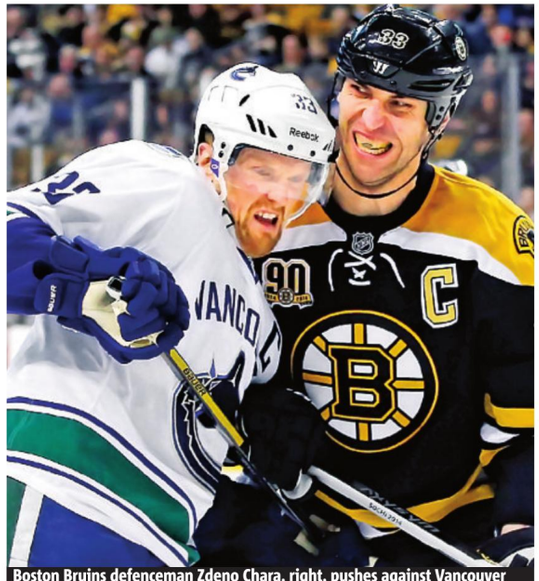

Boston Bruins defenceman Zdeno Chara, right, pushes against Vancouver Canucks centre Henrik Sedin during the second period of Tuesday's game in Boston. The Bruins won 3-1. ELISE AMENDOLA/THE ASSOCIATED PRESS

## MLS. Whitecaps' O'Brien amped with better health

Rowing is a historic sport in England, and a staple in the off-season workout regimen of Vancouver Whitecaps centre back Andy O'Brien.

"Trying to do 800 metres in three minutes is what I try to do," O'Brien said Monday.

He'll do up to four of those sets in a single workout. He said that's a clip of 85 to 90 per cent maximum heart rate, which has been a benefit for his fitness during the first week and a half of training camp.

"Great for your cardio," he said.

Born in Harrogate, England, O'Brien is entering his third season with the Whitecaps. The club has left Vancouver for warmer digs in Casa Grande, Ariz., where it will continue training camp in preparation for the 2014 season.

O'Brien, the dependable veteran anchor of the back line signed through the end of 2014, had two prolonged sideline stints last season due to hamstring and back injuries.

Andy O'Brien
GETTY IMAGES

It began in Seattle in early June, when he suffered the hamstring injury. Prior to that, he had played every minute in 11 of 12 regular-season starts, and in all four Amway Canadian Championship matches.

The 34-year-old O'Brien has come back to the Whitecaps with a spring in his step.

However, the Whitecaps' coaching staff will manage his playing time differently this year.

"He's a big part in the locker room as well as the training field. If you're asking me will he play every game, well, that depends on how good he does in pre-season," said head coach Carl Robinson.

CAM TUCKER/METRO

NFL

## Rebuilt Seahawks bask in glow of Super Bowl win

The guitar riffs ripped from the hotel ballroom where owner Paul Allen's band was performing and filled the lobby. Down on the lower level, Hall of Famer Walter Jones posed for pictures with exuberant fans.

This celebration in the wee hours of Monday morning was what Pete Carroll envisioned when he arrived in Seattle in January 2010 and was finally given the full say over an NFL franchise in the hopes of replicating at the professional level what he was able to accomplish in college.

Celebrating was standard practice when Carroll was at USC. But the party that followed Sunday's 43-8 blowout of Denver that gave Seattle its first NFL title topped all those previous celebrations.

It may just be the beginning for the Seahawks.

"This is exactly what we envisioned from day one. We were going to be right here and win this football game — and it just happened to be in New York, which makes it even more special — in the fashion that we were able," Carroll said.

Seattle's coronation was the culmination of an overhaul that Carroll and general manager John Schneider embarked upon when they took control of the Seahawks. Nearly 1,000 roster moves later, they could finally take the ultimate satisfaction in what they had created: the envy of the NFL.

THE ASSOCIATED PRESS

## Norwegians cruise lines on Olympic oval

Members of the Norwegian speedskating team round the track at Adler Arena Skating Centre ahead of the Winter Olympics on Tuesday in Sochi, Russia. The men's 5,000 metres will kick off speedskating events on Saturday. PAUL CHIASSON/THE CANADIAN PRESS

# McMorris on the mend ahead of Sochi showdown

**Slopestyle.** 20-year-old Regina native expects to fight through broken rib against world's best

Mark McMorris's first appearance at the Rosa Khutor Extreme Park this week was marred by pain and frustration.

A broken rib from a recent crash at the X Games had made things quite uncomfortable for the Canadian snowboard star. But a solid training run Tuesday changed his mindset and left him optimistic ahead of this week's slopestyle event at the Sochi Olympics.

"Battling through the pain yesterday was kind of frustrating and then I came up here today and it was just better — way better," McMorris said. "I was able to jump and start doing tricks again. My confidence level is back up and I feel like I'm in a good place for breaking my rib 10 days ago."

McMorris had been tabbed as a gold-medal favourite in the leadup to the Games after a strong run on the slopestyle circuit over the last few years. His crash at the X Games left things up in the air and created several big questions.

Snowboarder Mark McMorris poses in Toronto on Oct. 4, 2013. McMorris's first session at the Rosa Khutor Extreme Park this week ended in pain and frustration, but a good run Tuesday left him optimistic ahead of this week's slopestyle event in Sochi. NATHAN DENETTE/THE CANADIAN PRESS

Would two weeks be enough time to recover? Could he return and be the same Mark McMorris?

If his big smile for the large scrum of reporters was any indication, McMorris should be just fine.

"Two days out before a non-elimination round, I couldn't be in a happier place," he said. "It's still broken, it's going to be painful and I know I'm going to have to ride through pain."

The 20-year-old Regina native skipped Monday's practice session and instead went for a casual ride around the mountain. McMorris has been medically cleared to compete but even a light run left him in more pain than expected.

He was thrilled that he noticed a marked improvement just 24 hours later.

McMorris credits his strong lower back muscles for helping to provide stability in the area. He notes the pain is the same whether he's landing a big jump or putting on his socks.

THE CANADIAN PRESS

**Did you know?**

There will be five snowboarding events in Sochi: Halfpipe, snowboardcross, parallel giant slalom and two new ones — slopestyle and parallel slalom. Slopestyle is a ride down a hill with steeply angled jumps, rails and little bumps called "jibs." Parallel slalom is racing — a shortened version of parallel giant slalom event that's been on the program since snowboarding was introduced in 1998.

**White gold**

## No. 3?

A certain rider named Shaun White is going for his third straight halfpipe gold and trying to win in slopestyle.

# Team Canada antsy to start title defence

Three days after arriving in Sochi, Canada's women's hockey players couldn't wait to get on the ice for their first pre-Olympic practice.

"Everyone was getting pretty antsy," defenceman Catherine Ward said. "We wanted to get out there. We were sitting by the boards waiting to finally step on."

It finally happened Tuesday as Canada spent about an hour shaking off the effects from their journey to Russia and the rust that had built up from a few days off. Even though goaltender Shannon Szabados said this was the longest the team had gone not practising since August, coach Kevin Dineen considered it a smart decision to wait.

"There was little itch by us as a staff to get the team on the ice, but at the end of it, we felt that it was time well spent off the ice getting acclimated to the area," Dineen said. "It was a good Day 1 for us on the ice."

If past history is any indication, there will be a lot of good days in the next few weeks for Canada, which has consistently been favoured in these tournaments. Barring something unexpected, the United States is the only real competition, and even some of Canada's recent exhibition struggles against the U.S. hasn't lowered the expectation.

"We expect from ourself to win," captain Caroline Ouellette said. "It's no different than any other years and every other Olympics. That's what every athlete that is here wants and that's why we're here."

Szabados said it was the same level of pressure as Vancouver four years ago because "as a hockey player playing for Canada, I think your country expects gold just based on the history of Canadian hockey, as they should."

But there are some more difficult circumstances this time, most notably switching coaches from Dan Church to Dineen two months before the start of the Olympics. Ouellette doesn't consider that a major disadvantage because Canada, which is looking for a fourth straight gold medal, kept the same system through the transition.

THE CANADIAN PRESS

**Did you know?**

In order to boost competition in a sport that has been dominated by Canada and the United States, the women's hockey format was changed this year. The round-robin features a guaranteed grudge match between the North Americans, and a chance for them to earn a bye through to the semifinals.

**Phenomenal Finn**

## 41-0

Finland goalie Noora Raty was 41-0 at the University of Minnesota, leading her team to a second straight college championship.

Team Canada's Hayley Wickenheiser walks to the practice rink with co-coach Danielle Goyette on Tuesday in Sochi, Russia. ADRIAN WYLD/THE CANADIAN PRESS

# Audi A3 is an affordable luxury

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Audi is fueling the small-sedan craze with the next-generation A3 and the timing couldn't be better.

Big-luxury-car buyers, it seems, are finally discovering what many people have known for years: that driving small sedans can be lots of fun, especially when they come with plenty of amenities and are more cost- and fuel-efficient.

Catering to this emerging segment are Germany's primary builders of upscale rides. Mercedes-Benz recently jumped into the luxury-compact pool with the 2014 CLA 250 sedan. The BMW 1-series (soon to be the 2-series) is in the mix, but until the forthcoming four-door 2-series Grand Coupe arrives in a couple of years you'll have to settle for the two-door version.

The A3 brand has been available in North America since the 2006 model year, but only as a wagon. This spring, however, Audi will sell a brand new A3 sedan, followed by cabriolets (convertibles) and better-performing S3 models. Also in the pipeline is the A3 e-tron electric plug-in hatchback hybrid that is expected to arrive in about a year.

Along with a different body, the A3 has been given a new platform that pushes the front wheels forward by about four centimetres when compared to the previous wagon. That helps out in the passenger-space department, as does a nearly-five-centimetre gain between the front and rear wheels. Overall, the A3 is more than 15 centimetres longer (and slightly wider) than its predecessor.

Initially, the A3's powertrains will consist of a turbocharged 170-horsepower, 1.8-litre four-cylinder, with a turbocharged 220-horsepower 2.0-litre four-cylinder on the option sheet. By the end of the year, a 150-horsepower, 2.0-litre, turbo-diesel will be added as well as a more powerful version of the 2.0 gas engine for the S3 that generates about 290 horsepower.

The standard six-speed automated-manual transmission delivers fast shifts, while Quattro all-wheel-drive is offered with the 2.0 gas engine.

An integral part of the A3's drivetrains is Audi's drive select system with four distinct settings ranging from normal to sporty for the transmission shift points, throttle sharpness and power-steering effort and feel.

In addition, the standard stability control (which prevents skids and spins) features an electronic differential lock that, during cornering, applies moderate braking to the inside front wheel to reduce the natural tendency to travel in a straight line even when the wheel is turned, called understeer.

For $33,100 (which is about $3,000 less than the Mercedes-Benz CLA 250), the A3 comes reasonably equipped with leather seat covers, a panoramic glass sunroof, bright xenon headlights and Bluetooth short-range wireless networking. Of course Audi will tempt you with an array of options such as a navigation system with unique three-dimensional graphics, LED headlights and a Bang & Olufsen sound package that's usually found in models costing more than twice that of the A3.

The A3's most appealing quality, however, might be its ability to mimic its larger stablemates in looks and features while maintaining an attractive entry price. Even lavishly equipped, the A3 could easily be had in the low-$40,000 range, which is the upper threshold for more mainstream sedans that lack the cachet or the performance prowess of this modestly sized Audi.

**2015 Audi A3**

- **Type.** Four-door, front- /all-wheel-drive compact sedan
- **Engines (hp)** 1.8-litre DOHC I4, turbo (170); 2.0-litre DOHC I4, turbo (220)
- **Transmissions.** Six-speed automated manual
- **Base price (incl. destination).** $33,100

**Design**

The A3 sedan pretty much sticks to the A4 and A6 styling script with a long hood and short rear deck plus sharp sheet-metal creases in between to keep things interesting. It's the kind of design that never seems to go out of fashion.

**Interior**

Inside, the car displays Audi's usual attention to detail. The standard pop-up seven-inch-diagonal control panel/navigation/infotainment display screen does seem out of place, but most reputable automakers are installing them along with twist-and-turn console-mounted controller dials to reduce dashboard button clutter.

*Limited time 2.9% semi-monthly lease offered through Toyota Financial Services on approved credit to qualified retail customers on all new 2014 Corolla models. First semi-monthly payment due at lease inception and next semi-monthly payment due approximately 15 days later and semi-monthly thereafter throughout the term. Toyota Financial Services will waive the final semi-monthly payment. Semi-monthly lease offers not open to employees of Toyota Canada, Toyota Financial Services or TMMC/TMMC Vehicle Purchase Plan. Some conditions apply. See your Toyota dealer for complete details. Example (applies across Canada except Quebec): 2014 Corolla CE 6M with a vehicle price of $16,415 (includes $1,100 Toyota Canada Lease Assist, which is deducted from the negotiated selling price after taxes, and $1,520 freight/PDI) leased at 2.9% over 60 months with $0 down payment equals 120 semi-monthly payments of $89 with a cost of borrowing of $1,735.85 and a total obligation of $12,369.05. $0 security deposit and first semi-monthly payment due at lease inception. Price and total obligation exclude license, insurance, registration, fees and taxes. 100,000 km allowance for 60 months, with ability to purchase additional kilometres at $0.05/km at time of lease inception, and a charge of $0.07/km for excess kilometres. Dealer may lease for less. †Toyota semi-monthly lease program available on 48 month and 60 month terms. Toyota semi-monthly lease program based on 24 payments per year, on a 60-month lease, equals 120 payments, with the final 120th payment waived by Toyota Financial Services. Competitive bi-weekly lease programs based on 26 payments per year, on a 60-month lease, equals 130 payments.

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# Advertised ice track delivers on slippery promise

**Quebec's Mecaglisse.** The track north of Montreal is open all year but if you want a fun, frozen challenge now is the time to go

AUTO PILOT
Mike Goetz
drive@metronews.ca

Ice skates are expressly designed for travelling on ice. Passenger cars are not. They prefer pavement. So naturally there are people who like to take advantage of the vehicle's inherent inadequacies on ice and make sport of it.

These people are not as mean as they sound, they just get a kick out of how fun and educational it is to explore the boundaries and techniques of car control. And when compared to pavement, ice affords that opportunity at a relatively lower speed, cost and risk.

"Learning the techniques to get control of a car going sideways on ice … that's so much fun," says Franck Kirchhoff. "More fun than driving on a road course at 200 km/h."

He should know, he's done both, and both on the same track. The track is part of Mecaglisse Motorsport Complex located in Quebec's Laurentian area north of Montreal. Along with his father, Kirchhoff owns and runs the operation, which features more than 15 km of tracks of various descriptions and surfaces.

In the non-winter months the facility is used for rally driving schools, defensive driving schools, motorcycle racing, club and corporate events, and public lapping days.

Same thing in the winter. Except for the motorcycle racing, and except for the fact that all of the activities are now done on snow and ice. The winter set-up includes one 2.5-km ice track, and one 2.5-km snow track. If the weather permits, they run this set up from the first week of January to the first week of March.

Nothing complicated about making an ice track over a paved track. Kirchhoff says the three-man crew first packs the snow down. After it is really hard and compacted, they just add water, via trucks carrying water tanks.

"We spray a lot of water," he says one more time, to make sure I understand the tricky, technical concept. How thick is the ice? Kirchhoff uses his hands to signify about a nine-inch layer.

I'm here at Mecaglisse as part of a Nissan press program, designed to showcase the virtues of the brand's snow-ready AWD and traction and safety control systems. They work as advertised, and, also as advertised, the ice track is very slippery. Even with our studded tires and AWD, anytime you wanted to get hairy you could. Not that the Nissan instructors riding shotgun wanted us journalists to get too hairy. I didn't either — nobody wants to be first to put a crease in a brand new Nissan belonging to someone else.

Testing out Nissan's new snow-ready AWD and traction and safety control systems on Quebec's Mecaglisse ice track NISSAN CANADA

I suppose most of us were going about 40-60 km/h on the more open sections of the track, and a lot slower on the tighter ones. Next week Porsche will come to Mecaglisse for its customer-focused Camp4 Driving Experience program. He figures when the Carrera 4S is deployed for hot laps it will be probably get up to 120 km/hr or so down the straight and doing so sideways.

Finally, I ask Kirchhoff if the facility has special equipment for pulling vehicles and their drivers out of the snow banks, when things don't go entirely as planned out there on the ice track? "Yes," he says, "We have big tractors."

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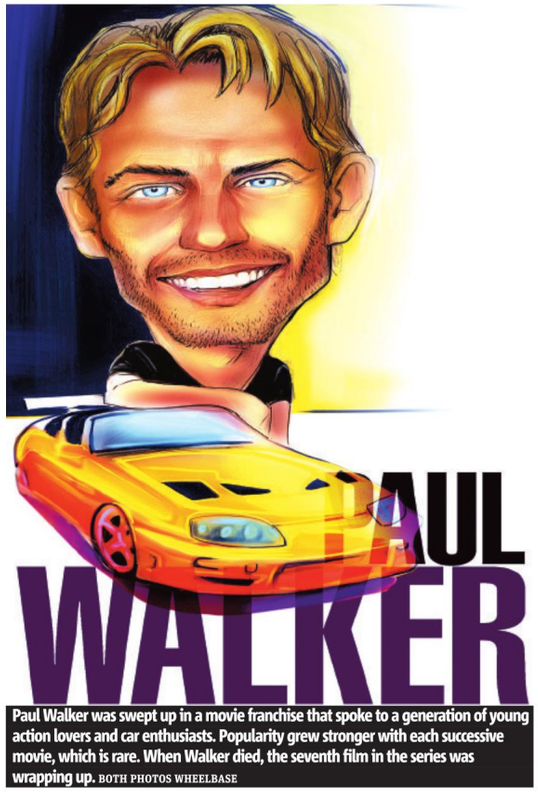
# Paul Walker lived fast and gave generously

**Autoknow.** Was there ever an actor who was synonymous with pop car culture on such a large scale? It's doubtful there will be another.

TODD D. BURLAGE
wheelbasemedia.com




Paul Walker was swept up in a movie franchise that spoke to a generation of young action lovers and car enthusiasts. Popularity grew stronger with each successive movie, which is rare. When Walker died, the seventh film in the series was wrapping up. BOTH PHOTOS WHEELBASE

Walker (left) acted in the very popular Fast and Furious movies.

Perhaps we've all been in over our heads at one time or another. The thing is that most of us live to tell about it. Most of us. Sometimes all hell breaks loose. The car crashes at more than 150 kilometres per hour. Lives shatter.

Driver Roger Rodas and Paul Walker died Nov. 30 on what was shaping up to be just another cruise on a sunny California day. Walker, 40, the passenger in a red 2005 Porsche Carrera GT, and Rodas, his friend and business partner, had departed from a charity event. Minutes later both men were dead in a single-vehicle crash. How it happened and who was to blame all seems irrelevant when it doesn't change the outcome. Rodas, 38, an accomplished racing driver, left behind a wife and two children. And Paul Walker, best known as the hero of the Fast and Furious movie franchise, is survived by his 15-year-old daughter, two sisters and two brothers.

It was a shock to fans and a tragic ending to what had been a fast life that was often built around four wheels. Born, in Glendale, Calif., Walker, who began modeling as a child before hitting the big-time on the big screen, was a chart-topper and a heart-stopper for plenty of women across decades.

Along with increasingly significant acting gigs (Pleasantville, 1998 and Varsity Blues, 1999, for example), Walker as a youth was supported by a meaningful family structure. He attended a Christian high school in San Fernando Valley, where everyone knows everyone else and friendships are forever.

Following graduation he formally pursued his passion for studying marine life.

He also loved cars. Walker-family DNA apparently includes a gene for gearhead. Both his grandfather, who raced factory cars for Ford, and his father planted seeds that Walker cultivated into obsession. And that was before The Fast and the Furious (2001) movie character of Brian O'Connor.

The film's makers said Walker, then only 28, was like a modern-day Steve McQueen. Sparkling blue eyes, 6' 2, and a man who could go from a flashy smile to a stern deadpan look at the drop of a hat.

Fans took notice and Walker caught a break: the original Fast movie wasn't supposed to be a blockbuster, but suddenly he was a superstar who was branching out and doing other projects such as the sled-dog movie Eight Below (2006). At the time of his death, filming of the seventh Fast and Furious movie was wrapping up.

Franchise, fame and fortune were his.

He pretended not to notice. In interviews and public statements he eschewed the Hollywood party scene, like its ubiquitous seduction had no hold on him. He was his own man.

He loved other things, such as marine biology. He starred in a National Geographic Film called Shark Men in 2010. He also held a brown belt in Jiu-Jitsu. However, he was best known, publicly, for his movie roles that portrayed speed, and a big part of his personal life was centered on it, including a healthy collection of cars. He also competed in racing events.

But the fast lane isn't the safest place to travel and sometimes it can bite. Rodas was Walker's financial advisor, a former racer and ran a performance shop that Walker owned.

On that fateful day, it likely didn't help that the $500,000, 600-horsepower Porsche that Rodas, a former racer, was driving was a supercar capable of more than 300 km/h. Reports cleared the Carrera GT of any mechanical issues, but Rodas was driving in a San Fernando Valley suburb at more than 160 km/h when the crash occurred.

Merely along for the ride that day, Walker made no effort to hide his addiction to speed. The kinds of cars he owned, the number of them, and the interviews in which he openly disclosed his acceptance of risk, all point to the late actor's yin and yang.

Speed was in his blood, but on the other hand, even before there was a need to memorialize him, friends and colleagues characterized Walker as generous, humble and compassionate. Plenty of evidence supports their claims.

Walker was widely known for his philanthropy and humanitarian pursuits, including having founded his own relief organization. He personally volunteered in Haiti, Chile, and the Philippines, as well as many domestic locations devastated by natural disasters. A few years ago, he anonymously purchased an engagement ring on behalf of an active duty marine and his girlfriend, both strangers to Walker, after overhearing of their financial difficulties. And of course he had just attended an event for his charity, Reach Out Worldwide for victims of Typhoon Haiyan, when he and Rodas headed out in the Porsche.

Walker was young, and talented, and loved. That's for certain. Celebrities scintillate, we titillate, but we're all only human. In August, Walker quoted novelist-philosopher Ayn Rand when he tweeted, "The question isn't who is going to let me. It's, who is going to stop me?"

## Horoscopes

### ♈ Aries
**March 21 - April 20**
You may find it hard to predict what others are going to do but there is no need to keep looking over your shoulder. Despite one or two minor setbacks today, the rest of the week will be to your liking.

### ♉ Taurus
**April 21 - May 21**
Two weeks from now, when the Sun moves into one of the more positive areas of your chart, you will get the chance to do your thing. Until then, accept that others are still calling the shots.

### ♊ Gemini
**May 22 - June 21**
If you want to impress people, you had better be quick because as of tomorrow it won't be so easy. Maybe you should give up trying so hard and impress the one person who really counts — yourself.

### ♋ Cancer
**June 22 - July 23**
Inspiration will come easy to you today but no matter how fast your mind is working don't try to turn ideas into reality until later in the month. Carry a notepad with you and keep a "To Do" list.

### ♌ Leo
**July 24 - Aug. 23**
Anyone who thinks they can trick you into doing something that isn't in your interests is in for an awakening. Someone will try to put one over on you today but will end up looking foolish.

### ♍ Virgo
**Aug. 24 - Sept. 23**
Someone you have to deal with over the next 24 hours will talk non-stop without saying much of any great substance. Ignore them.

### ♎ Libra
**Sept. 24 - Oct. 23**
Something you hear on the work front could benefit you but only if you act quickly. You are not the only one who is looking to get ahead.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
You know what it is you desire and you know what needs to be done to get it, so stop playing around and get serious about your ambitions. Time is running out.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
You need to talk through issues that have been making life difficult for you. Someone needs to take the lead and according to the planets that someone will have to be you.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
You'll learn something to your advantage today but you must keep it to yourself. The urge to tell others may be strong but if you do they may try to benefit. There is only so much cash to go around.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
Take a good look at what is annoying you and ask yourself how important it really is. Most likely you will come to the conclusion that it's not worth another minute of your time or emotional energy. So forget it.

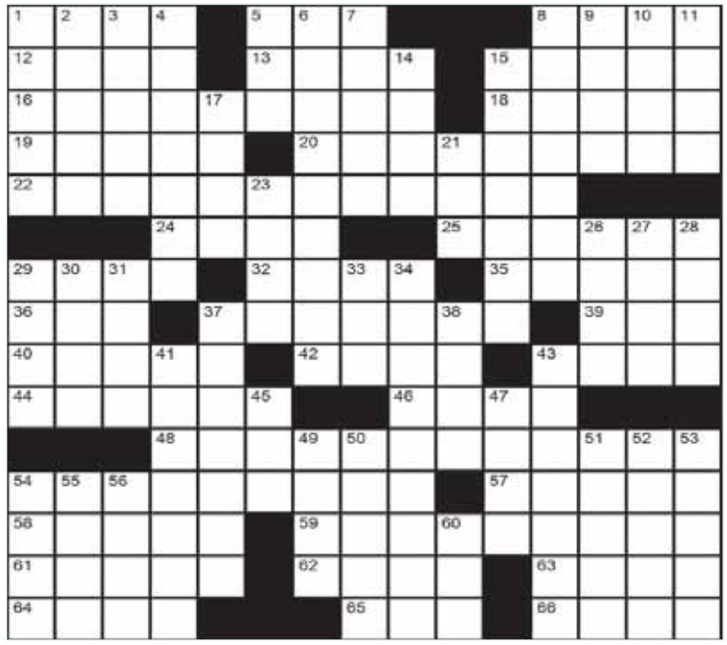
### ♓ Pisces
**Feb. 20 - March 20**
Whatever you start today will most likely be a success, but as from tomorrow you won't be quite so lucky, so if there is something that simply has to be done you are advised to get on with — now.

SALLY BROMPTON

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

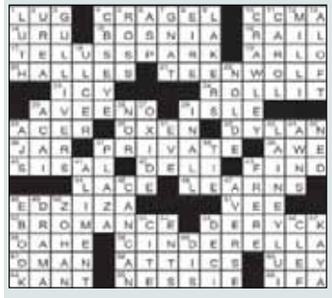
BY KELLY ANN BUCHANAN



**Across**
1. Berth
5. Electric guitar need
8. Recede
12. Data
13. Rivers: Spanish
15. Ms. Shire
16. Tiny amount
18. Leaves off
19. ___ letter (Use the post)
20. Royal visit meet-and-greet
22. TV crew pro: 2 wds.
24. "The English word 'or' is known __ '__' in French."
25. 'A' of A-bomb
29. TV clicker button
32. __-dokie
35. Matrikin
36. Chopper
37. Beach Volleyball great, Misty May-__
39. Vintage auto
40. Billy Joel's "__ Man"
42. Intermission, __'acte
43. Model/actress Molly
44. High-__ (Overly energetic)
46. Flemish painter, Jacob van __ the Elder
48. Movie of 1993 based loosely on the Jamaican bobsled team of the 1988 Calgary Winter Olympics: 2 wds.
54. Canadian pairs figure skating greats/Olympians, Sale and __
57. "_ __ to see the point?"
58. Extraterrestrial
59. Pacific or Atlantic expanse
61. Sky sight
62. Longing-for sound
63. "Yippee!" of yore
64. Mr. Olin's
65. Cake make, Sara __
66. Library furniture piece

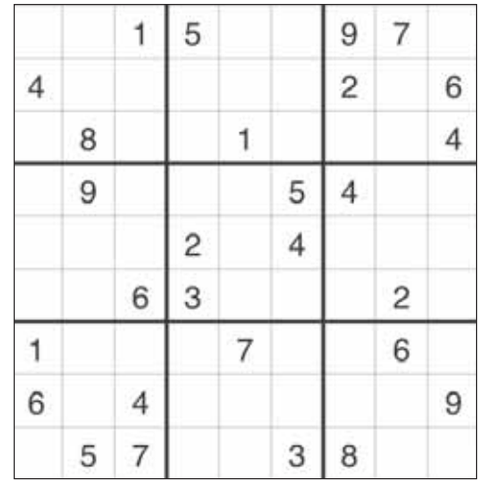
**Down**
1. Bette Midler, The Divine ___
2. Annually, ___ year
3. Out ___ = It's time to get more toner
4. __ Provincial Park in Morpeth, ON; or, form of French poetry
5. Actress Ms. Meyers
6. "Happy Days" city
7. Of the Arctic
8. Southwestern Ontario county where Sarnia is located
9. Assortment
10. 'If you', in French: 2 wds.
11. The Middle __
14. 2010 Angelina Jolie movie
15. __ oven
17. Ancient T's
21. Car company
23. Ricky Nelson's "__ Little Fool"
26. Husband: French
27. Detail
28. Business bosses, briefly
29. Cartographer's creations
30. Emergency __ (Building sign)
31. Draw close
33. Mr. Somerhalder
34. Jeremy Piven's old show
37. Ad nauseam: 3 wds.
38. Bar query, "Straight ___ the rocks?"
41. Core part
43. Squelched
45. Obtained
47. Miffy mood
49. Driving needs, for short
50. Fix that squeak once more
51. Gullible
52. Canadian singer Mr. Vannelli's
53. Streamlined
54. Bunch
55. Montreal pronoun
56. Detroit football player
60. He's opposite

## Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



## Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 1 | 6 | 2 | 3 | 9 | 5 | 4 | 8 |
| 9 | 8 | 3 | 4 | 5 | 6 | 1 | 7 | 2 |
| 5 | 2 | 4 | 1 | 8 | 7 | 3 | 6 | 9 |
| 3 | 7 | 2 | 9 | 1 | 5 | 4 | 8 | 6 |
| 1 | 5 | 9 | 6 | 4 | 8 | 2 | 3 | 7 |
| 4 | 6 | 8 | 7 | 2 | 3 | 9 | 1 | 5 |
| 2 | 9 | 7 | 3 | 6 | 4 | 8 | 5 | 1 |
| 8 | 3 | 1 | 5 | 7 | 2 | 6 | 9 | 4 |
| 6 | 4 | 5 | 8 | 9 | 1 | 7 | 2 | 3 |

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CITY: 10.2L/100 KM▼

*Limited model shown*

HWY: 5.3L/100 KM
CITY: 7.5L/100 KM▼

*GLS model shown*

HWY: 7.2L/100 KM
CITY: 10.0L/100 KM▼

*Limited model shown*

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